

SPECIAL EAT, DRINK & STILL SHRINK ISSUE!

EAT THIS!

NOT THAT!



Their recipe
Romano's
Macaroni Grill
Prosciutto e Arugula
900 calories, 34 g fat

Your recipe
Pizza with Arugula,
Cherry Tomatoes, and
Prosciutto
400 calories, 12 g fat

77 SLIMMING MEALS

Comfort Foods in Just Minutes!

Quick, Easy & Delicious!



Save!
500 calories
and 22 g fat!

5 BEST YOGURTS FOR WEIGHT LOSS!

33 AWESOME NEW FOODS FOR KIDS

10 DECADENT & HEALTHY DESSERTS

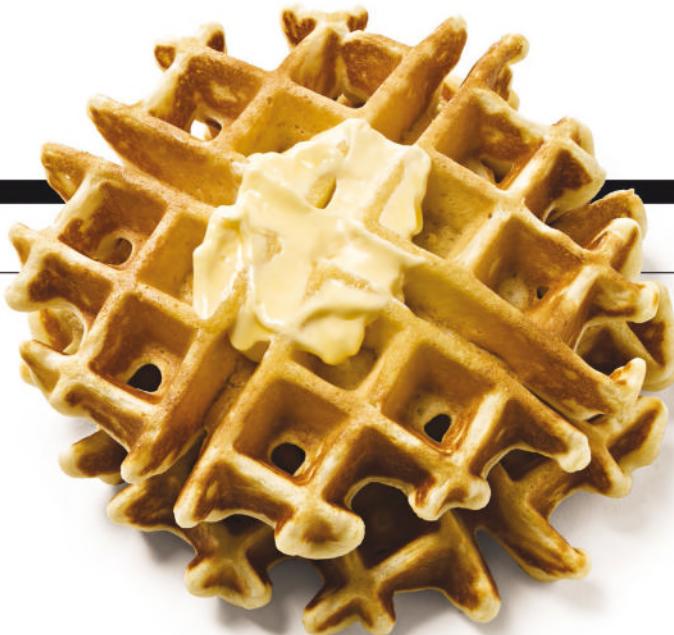
9 "ZERO BELLY" FOOD SECRETS

370-Calorie RIBS, STEAKS & CHEESY SANDWICHES

1,296 SLOW-COOKER COMBINATIONS

We're
Not Kidding!
pg. 92

What's Really *in Your* **Buttery** **Spread?**



~~Artificial preservatives~~

~~Gluten~~

~~Cholesterol~~

**Simpler ingredients,
like delicious oils, purified
water and a pinch of salt**



COUNTRY CROCK®

Real country fresh taste in a new simpler recipe made with real ingredients. The perfect little extra to make farm-fresh veggies more appealing—even to picky eaters!



BRUMMEL & BROWN®

Made with the goodness of yogurt for an extra kick of creaminess to help you start your day right.



I CAN'T BELIEVE IT'S NOT BUTTER!®

This delicious, creamy spread needs no artificial flavors. Its fresh, buttery taste comes from good fats similar to those found in almonds, avocados and walnuts.



IMPERIAL®

You'll love the flavor of this buttery spread. Made with real ingredients like good fats, it's perfect for spreading on toast, muffins or your favorite pastry.



GET CREATIVE

Spice up your favorite spread with a clever taste combo to create an instant gourmet topping for breads, baked potatoes or even grilled meats. Mix a tablespoon of spread with one of these flavor mixes:

Crumbled blue cheese,
chives and black pepper

Minced sundried
tomatoes and olives

Minced scallions, grated fresh
ginger, lemon juice and soy sauce

EAT, DRINK, AND STILL SHRINK!

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dinner cooks itself! pg. 92



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It's tailgate season, and that means acres of sizzling meats and sudsy beers. Learn how to celebrate in style with the leanest brats, healthy BBQ recipes, and the absolute best light beers in America. By Ted Spiker

1,296 Slow-Cooker Combinations

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Wish you had some magic elves to do your cooking and cleaning for you? Try the next best thing: these one-pot and slow-cooker recipes make eating smart—and living well—easier than ever!

Plus! Mix and match these slow-cooker basics to create thousands of hearty, healthy recipes!

What's the Best Breakfast for You? 62

Is breakfast still the most important meal of the day—or, as some experts now claim, is it an outmoded notion that should be abandoned? We study the science to discover the best strategy for you.

Editor's Letter

Congratulations! As a reader of Eat This, Not That!, you've put yourself firmly at the vanguard of a true nutritional revolution.

Breakthroughs

Groundbreaking food and nutrition solutions for every part of your life

Starters

Cook! Saving the endangered food traditions of the Ukraine, the best kitchen gadgets on the market, how to cut calories in rice by 60 percent, and 5 healing spice blends every chef should know.

Shop! Best full-fat yogurts for weight loss, a Halloween candy survival guide, and the ultimate guide to reading and decoding food labels.

Dine! How to get lunch at any restaurant for 500 calories or less

Energize! The perfect post-workout smoothie, and the exact right thing to eat, anywhere, after the gym

Live! 7 office habits that are making you fat, and some everyday people foods that turn your puppy into Superdog!

Answer This!

What's a "leaky gut"? Why are some super-fit people still overweight? What are the best carbs to eat for weight loss?

Plus! Eat This, Not That...When You're Expecting

Tips & Hints

How to de-vein shrimp, chop garlic, braise anything, whip up the perfect guacamole, and make an operatic Bolognese sauce.

I'll Have What She's Having

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EAT THIS, NOT THAT!

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Tap the minds of the world's top experts

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EAT THIS! NOT THAT!

THE NO-DIET WEIGHT LOSS SOLUTION

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The Association of Magazine Media





Let's Make Something Great!

Truly great ideas never fade away.

A few years back, we had a truly great idea: to empower people to eat the foods they loved—and lose weight without dieting. The plan: uncover the mystery of what's actually in our food, and pressure food marketers to reveal their ingredients and calorie counts. Out of that simple concept, Eat This, Not That! was born, and went on to sell more than 7 million books. Along the way, we inspired (or scared) dozens of chain restaurants to start revealing their nutrition details, allowing smart consumers like you the opportunity to take your health into your own hands.

But creators don't always get to decide the future of their creations. For several years, Eat This, Not That! was allowed to lie fallow, until a year ago, when we regained control of the brand. And what a year it's been.

First, we've launched the magazine you hold in your hands—partnering with Meredith Corporation, the world's largest publisher of healthy living and food content, producers of such tremendous products as *Every Day with Rachael Ray*, *All Recipes*, and *Eating Well*.

Second, we've relaunched a powerful new website, EatThis.com; more than 4 million people visit us every month for the definitive take on healthy eating, calorie-saving food swaps, and daily nutrition news. And thanks to our partnerships with various digital and print companies, Eat This, Not That! content now reaches more than 10 million people every month—readers who have become evangelists for the brand, joining us in our quest to make healthy eating easier for everyone.

And of course, we continue to rattle the nerves of the food industry, going beyond the ubiquitous health claims to uncover the real truth about what we're eating—and helping you to carve a path to a leaner, healthier life.

But when it comes to food, it's not all bad news out there. This month, we've found some terrific new packaged foods for children, based on calorie and nutrition content. Then we went the extra step, assembling a jaded, hard-nosed panel of demanding food critics—yep, finicky kids—to see whether the new health foods could pass their taste test.

From the foreboding frontiers of fast food and the gaping gorges of the grocery store to the cozy confines of your own kitchen, Eat This, Not That! is your trusty companion, guiding you toward a leaner body and a better life.

Enjoy the issue!

David Zinczenko,
Founder and CEO of Eat This, Not That!



Learn the weight-loss secrets, kitchen hacks and quick & healthy recipes that 5 million people discover every month at EatThis.com.

Breakthroughs

Groundbreaking Food and Nutrition Solutions for Every Part of Your Life

Pick a Winner

Nothing says good, clean, wholesome fun like a family apple-picking trip—even if you sneak in three of those sugary cider doughnuts on the ride home. But if you're going to reach high into the trees to find the perfect apple, how can you make sure your pick has the most potent nutritional punch?

Here are some rules:

SEE RED.

The rosy hue of red apples is due to anthocyanins, a type of heart-disease-fighting polyphenol similar to that found in red wine.

HAVE A THICK SKIN.

The skins of the apples contain far higher concentrations of nutrients than the flesh. Apple varieties with thicker skins (like Red Delicious) naturally contain more nutrients.

STAY SMALL.

Synthetic fertilizers promote water retention, so the bigger an apple, the more diluted its nutrients.

GO DELICIOUS.

In a study comparing the nutrient values of various apple types, Red Delicious was ranked highest in overall antioxidants, followed by Northern Spy, Cortland, Ida Red, Golden Delicious, McIntosh, and Mutsu.

DELICIOUS CHOICE:
When it comes to nutrition, all apples aren't created equal.

Kick These Cans!

At least a third of canned foods have the chemical bisphenol-A (BPA) in their linings, according to a recent report from the Environmental Working Group. The petroleum-derived chemical, which is used to soften the plastic liners inside food cans, has been linked to high blood pressure and obesity. Among the brands that don't use BPA: Amy's, Annie's Homegrown, Lucini Italia, Muir Glen, Earth's Best Organic, Seneca, Sprouts Farmers Market, Tyson, and Health Valley.



NO CAN DO:
One in three canned goods contains BPA.

Time Is Money

Spend less time at the grocery store, and you'll spend less money too. In a study in the *Journal of Marketing*, researchers approached 400 customers as they entered two grocery stores and asked them how much they expected to spend. The study authors report that the tendency to buy unplanned items increased as time spent increased, and that making just one

unplanned purchase greatly increased the likelihood that shoppers would go on to buy more and more additional items.

Your Grocery Store Is Bugged

Have you noticed the new trend of food made from crickets? The Institute of Food Technologists, a scientific advocacy group, has a few good reasons why

you might want to hop to it and get in on this new nutritional movement. According to John Coupland, PhD, professor of food science at Penn State and a spokesman for the group, insects like crickets are higher in protein



than beef (65 percent, versus just 50 percent for the humble cow), and considerably lower in fat. And the fats they do contain are primarily the heart-healthy unsaturated kind.

Aisle of Bliss

Grocery shopping can be stressful. But when it comes to your health, what you buy may be less important than how you buy. Researchers reporting in the

journal *Health Psychology* found that those who failed to maintain positive moods when faced with minor stressors showed higher levels of inflammation in subsequent blood tests—a sign of increased cancer, obesity, and heart disease risk. “A person’s frequency of stress may be less related to inflammation than responses to stress,” says study leader Nancy Sin of Penn State. “It is how a person reacts to stress that is important.”



That's Some Fine Print

You may not realize it, but checking out the calorie counts at your favorite restaurant is actually helping you make better choices. A new study in the journal *Appetite* found that when foods in Cornell University dining halls were clearly marked as either high or low in calories and fat, the overall intake of fat and calories dropped by 7 percent among students in just one week. “Insisting that food labels be visible on the foods we purchase may be the kind of help people need to resist the epidemic of obesity,” says study coauthor David Levitsky.

Something New on Tap

PepsiCo is rolling out its own take on the craft beer craze: artisanal soda fountains. A new line called Stubborn Soda will deliver exotic flavors like agave vanilla cream and black cherry with tarragon—made with natural flavors and cane sugar instead of high-fructose corn syrup—from restaurant fountains that look like beer taps.



Sips Ahoy

Among the strangest new restaurant trends we've seen of late: meat straws. Often used to garnish Bloody Marys, straws made entirely of beef or bacon are starting to bob up in drinks around the country. “Kind of like a summer sausage” is how

RESTAURANT SWAP OF THE MONTH

Olive Garden

Eat This!



Save!

750 calories
and 47 g of fat!

Lasagna Primavera with Grilled Chicken

560 calories
29 g fat (7 g saturated)
1,700 mg sodium

Not That!



Chicken Scampi

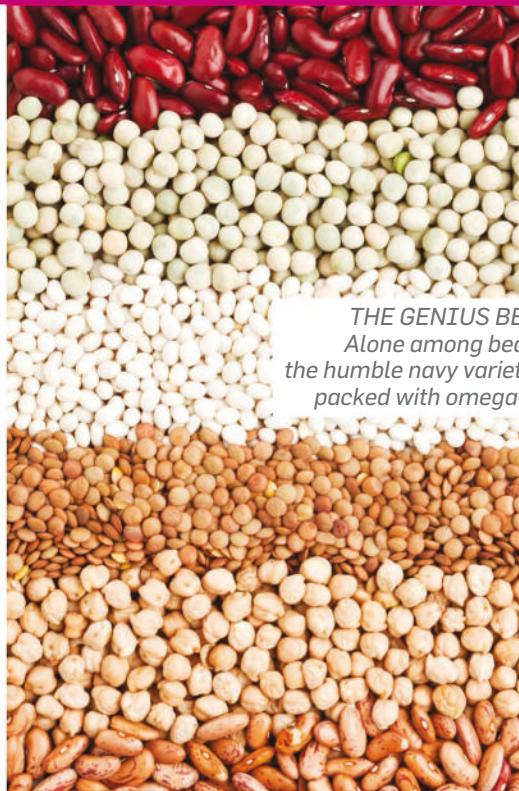
1,310 calories
76 g fat (20 g saturated)
1,850 mg sodium

Most of Olive Garden's chicken pastas are high in carbs and doused in heavy sauces, but the Lasagna Primavera gets its flavor from lean meat and ricotta cheese. The result is one of the few pasta dishes in America with fewer than 700 calories.

Ben Hirko, creator of Benny's Original Meat Straws, characterizes his product. Individual restaurants are also experimenting with straws of coiled bacon.

The Alpha Omega

Black beans, red beans, pink beans, black-eyed peas—the cans in your kitchen cabinet are like a little United Nations of foodstuffs. But one bean you might want to focus on more is the navy bean. While they pack all the healthy protein, fiber and resistant starch of other varieties, **navies stand alone for their omega-3 fatty acid content:** One cup gives you 1.19 grams—more than a day's worth.



THE GENIUS BEAN
Alone among beans, the humble navy variety is packed with omega-3s.

Really, Food

It's not just the convenience and the comfort of coming home to a hot dinner that makes a slow-cooker a great investment. When you cook beef, fish, pork, or poultry quickly, the high temperatures create a chemical called heterocyclic amines (HCAs). According to a



study in *Nutrition Journal*, **increased intake of HCAs from seared foods causes changes to our gut microbiota**, feeding the unhealthy bugs and putting the protective bacteria at a disadvantage (one reason HCAs

have been linked to increased colorectal cancer risk).

Better Messy than Dressy

Researchers in the U.K. asked a group of kids to search for buried toys in mashed potatoes and jelly and found that those kids who were most comfortable getting their hands dirty at the table were also less

likely to have a condition known as food neophobia—a fear of tasting new things. “The implication is that **getting children to play with messy substances may help their food acceptance**” and allow them to try new and more challenging foods, says lead study author Helen Coulthard.



Home- Schooling

Researchers from the University of California-San Diego gave subjects a word-recall test as a measure of memory. For every 1 gram increase in daily trans fat intake, the subjects remembered 1 less word, on average. **Those who consumed the highest levels of trans fats remembered 12 fewer words.** Good reason to bake at home: Our primary source of trans fats is commercial baked goods and frying oils.

WEIRD SCIENCE FACT of the MONTH

Women are more likely to stick to a diet during days when they're most fertile, according to a study in *Personality and Social Psychology Bulletin*.

STARTERS

A chef from the Soviet satellites brings a traditional cuisine to the shores of America



Cook!

The Flavors of History

As war looms, a struggle to preserve the recipes of the Ukraine



Olia Hercules is a chef on a mission. In her adopted hometown of London, she's created a sensation with her pop-up restaurants featuring the cuisine of Eastern Europe. Now, in her lush new cookbook, *Mamushka*, Hercules is bringing this red-hot food trend to the U.S., banishing the misconception that the food and culture of her native Ukraine is just Russia lite. Bringing to life flavors and traditions from a region that spans as far west as Romania and as far east as Uzbekistan, Hercules combines the silky broths of Ukraine, the piquant herbal blends of Georgia, and the fresh produce of the whole region to pack her pages with mouthwatering dinner inspiration. She calls it "the Wild East" cooking, but you'll just call it delicious. Her unique and provocative recipes start on page 86.



KEEPING THE OLD WAYS ALIVE: From top: Ukrainian women ferment vegetables; a cloven-hooved onlooker; a toast of homemade black currant vodka.





ROLLING GOLD:
Hercules fills
a traditional
Moldovan kefir
bread with feta and
chopped sorrel.



Cook!

The Real Home Gym

8 perfect tools that make weight loss easy

Your kitchen: Gleaming walk-in workshop for your culinary excellence? Or a hostile foreign land where leftovers go to die?

More and more, we see our kitchens as the latter. According to the USDA, the average woman now eats 799 calories a day from foods prepared outside the home; in fact, spending on restaurant foods has now overtaken spending on groceries.

And that's not a good thing. In a 2014 study, people who ate at restaurants took in an average of

200 calories per day more than those who prepared all of their own meals. That means our eat-in, take-out culture is adding nearly 21 pounds of fat to our bodies every year. Is it any wonder shows like *Master Chef* are so popular? It's like cooking porn for the culinarily repressed.

Our answer: Stop tapping on that food-delivery app and start tapping your own kitchen know-how. Here are some gadgets we love that can help make you the star of your own cooking show.



KitchenAid 5-Speed Blender with BPA-Free Pitcher

Do you wake up the entire family whipping up your early-a.m. smoothie or protein shake? Invest in this eerily silent KitchenAid 5-Speed. It's also free of BPA—a chemical found in plastics and metals that has been linked to obesity and other health conditions. Beyond smoothies and shakes, the KitchenAid can be used to mix up soups, sauces, and oh-so-much more. \$130 | kitchenaid.com



Tramontina Cast-Iron Pans

If you usually use a few pats of butter or a couple tablespoons of oil to grease your pan, you could save 100 or so calories with every single meal by shifting to cast iron. Cast-iron cookware is polytetrafluoroethylene (PTFE)– and perfluorooctanoic acid (PFOA)–free, making it a healthy alternative to nonstick pans, which can flake over time, giving you a potential egg, cheese, and Teflon omelet. Pick up a variety of pieces so you're prepared for any culinary adventure that lies ahead. \$14.99–\$149.99 | tramontina-usa.com



Pampered Chef Microplane Adjustable Coarse Grater

If you eat preshredded cheese, you're probably also eating cellulose—powdered wood pulp. It's used in most ready-grated cheeses to stop the strands from sticking together. Steer clear of the ingredient by buying blocks of cheese and grating them at home. We prefer this Pampered Chef tool to a standard box grater because its design keeps hands out of harm's way. No chef wants to present a meal with mitts that look like she's been in a street fight. \$36 | pamperedchef.com

(For dozens of more ways to melt fat in the kitchen, visit eatthis.com.)



All-Clad Oven Probe Meat Thermometer

When you're entertaining a large crowd, having to excuse yourself to poke your turkey is no longer an issue. You can preprogram this thermometer to sound an alarm when the meat hits the right temperature. \$50 | all-clad.com



Simplicity 6-Quart Slow Cooker

We love this offering from Hamilton Beach because, like you, we tend to work late. A lot. When this cooker hits its prescribed cooking time, it switches from "cook" to "warm" mode so a hot—not burned—meal will be ready when you walk in the door. \$50 | hamiltonbeach.com



Chef's Glass Fresh Herb Keeper

Nothing amps up the taste of a meal like fresh herbs, but most go bad before the whole bunch can be used up. This awesome herb keeper allows the plants' stems to draw in fresh moisture from the bottom of the vat, extending the life of your spices (and asparagus, too) by up to two weeks. \$20 | chefscatalog.com



Cuisinart Mini-Prep Food Processor

Studies show that those who eat the most packaged foods weigh more, regardless of calorie intake. The reason: additives and preservatives have as-yet-uncharted effects on our bodies. But with this Cuisinart gadget, you can whip up homemade pestos, salsas, bread crumbs, nut butters, nut-based snack bars, puréed soups, and hummus dips with ease. \$40 | cuisinart.com



Epicurean Color-Coded Cutting Boards

Epicurean cutting boards are made from a combination of recycled woods and plastics originally created for skate-park surfaces. These eco-friendly boards are knife- and dishwasher-safe and completely nonporous—meaning no bacteria can hide out below the surface and contaminate other foods. \$20 each | epicureancs.com

KITCHEN HACK OF THE MONTH

Love carbs, but hate belly fat? There's now a science-backed way to **slash the calories in your rice bowl by as much as 60 percent!**

HERE'S HOW TO WHIP IT UP:

Add a **teaspoon of coconut oil** and a **half cup of nonfortified white rice** to a pot of boiling water. Cook it for about 40 minutes, stick it in the refrigerator for 12 hours, and enjoy the rice either cold or reheated.

How does such a simple cooking hack—that adds fat, no less—slash calories?

When the rice begins to cool, its glucose molecules form tight bonds called resistant starch. This type of starch, as the name implies, is resistant to digestion, meaning the body is not able to absorb as many calories or as much of the glucose (a nutrient that's stored as fat if it's not burned off) from each molecule.

What's the deal with the coconut oil?

As the rice cooks, the fat molecules find their way into the rice and act as an additional digestion barrier, explained researchers at the American Chemical Society's national meeting earlier this year. Coconut oil contains medium-chain fatty acids, so it's actually less apt to be stored as flab than other fats such as butter, an ingredient commonly used while cooking rice.

Rice cooked using this technique has at least 10 times the resistant starch as normally prepared rice, and up to 60 percent fewer calories. Best of all, the research team found that reheating the rice didn't change the levels of resistant starch (as it does with pasta and potatoes).



Cook!

The Spice Route

These six exotic spice blends do wonders for food served around the world. They can do the same in your kitchen.



Za'atar

This all-purpose blend is used throughout the Middle East, usually as a condiment for sprinkling on breads and meats at the table. Sesame seeds add crunch and nuttiness, while sumac, a purple-hued Syrian spice, brings a pleasant acidic tang.

Spice This! Lamb chops and chicken drumsticks are prime candidates for a pre- or post-cooking sprinkle of za'atar. Or mix a spoonful with olive oil and use as a dip for toasted pita or a dressing for grilled eggplant, tomatoes, or zucchini.

Herbes de Provence

Long before spice companies started overcharging for their mediocre blends, cooks in Southern France were using this floral mix of fennel, thyme, lavender, tarragon, and bay to season everything from a steak to homemade tomato sauce. This will end up being one of the most useful members of your entire spice rack.

Spice This! Rub all over a whole chicken before cooking it beer-can style, or toss with a mix of vegetables like squash, zucchini, and asparagus prior to roasting.



Old Bay

This classic Chesapeake Bay spice blend was created by a German immigrant in 1939 as a crab companion, but these days its reach extends well beyond crustaceans. It packs a cabinet worth of seasonings, from ground mustard to cinnamon to mace.

Spice This! Toss medium unpeeled shrimp with a generous amount of Old Bay, then grill for an amazing peel-and-eat snack, or use it to convert wedges of roasted potatoes into Old Bay steak fries.

Chinese Five-Spice Powder

This Eastern blend is made predominantly from warm cookie spices like cloves and cinnamon, which makes for a perfect yin-yang combination when rubbed on savory meats. Look for a version with lip-tingling Szechuan peppercorns, which gives the blend some extra firepower.

Spice This! Rub it onto a steak, lamb chop, or duck breast, then serve with a dipping sauce of soy sauce, sesame oil, and a squirt of chili sauce.



Garam Masala

Nearly every constituent in this Indian spice blend falls well beyond the realm of the average American spice cabinet, but this heady mixture of star anise, cardamom, kalonji, and other exotic ingredients will feel right at home in your kitchen.

Spice This! Marinate chicken breasts or pork chops for an hour before cooking, or season shrimp, scallops, or vegetables just before grilling.



Shichimi Togarashi

You don't have to be able to pronounce it to reap the rewards. This potent blend varies from one batch to the next, but expect sesame seeds, orange peel, dried seaweed, and a few different kinds of chiles.

Spice This! Japanese cooks use it to sprinkle on top of grilled chicken skewers, vegetables, and sliced steaks. You'd be wise to do the same.

(Discover how to melt fat with herbs. Check out the new Eat This, Not That! e-book, *The 7-Day Flat-Belly Tea Cleanse*)



The Best Full-Fat Yogurts for Weight Loss

Tired of sacrificing flavor for the sake of your waistline? Full-fat yogurts have less sugar and fewer additives than the "diet" kind. Here's the cream of the creamy crop.



Continued

EAT THE RICH!
Clockwise from bottom right:
Fage Total,
Maple Hill
Creamery,
Lifeway Whole
Milk Kefir,
Stonyfield YoTot,
Siggi's Mixed
Berries 4%
Whole-Milk Skyr.



Shop!

Continued

Packed with protein, crammed with calcium, and popping with probiotics, yogurt is one of the best foods for weight loss and general health. But tread ye carefully in the aisle of fermented milk products; manufacturers have a knack for cramming as much sugar and artificial ingredients into yogurt pots as they do candy bars. That's why we applaud the recent trend away from low-fat yogurts and back to the original full-fat varieties. Without the need to cover up for missing creaminess, manufacturers can go easy on the added sugars, preservatives, and artificial flavors. And without all that added sweetness, most full-fat yogurts are pretty close in calories to their allegedly "diet-friendly" skim varieties. Here are some of the coolest, creamiest picks on the market.

Fage Total

(7 oz) 190 calories • 10 g fat (7 g saturated) • 8 g sugar • 18 g protein

BECAUSE IT: Packs Protein Without the Sugar

The best yogurts have a **sugar-to-protein ratio of about 1:1**. The worst? About 5:1. Most full-fat yogurts are higher in protein and lower in sugar than their fat-free counterparts. But Greek yogurts like Fage have an undeniable edge; for roughly the same calories, full-fat Greek yogurt has double the protein and far less sugar.

Maple Hill Creamery

(6 oz) 130 calories • 8 g fat (5 g saturated) • 8 g sugar • 6 g protein

BECAUSE IT: Has Healthier Fats

Maple Hill makes only full-fat yogurts with organic milk from grass-fed cows, and that translates into less belly fat for you. Grass-fed beef and dairy products contain more conjugated linoleic acid (CLA), which **shrinks belly fat and helps build muscle**. It also has more fat-fighting omega-3s than products from corn-fed beef.

Stonyfield YoTot

(1 container) 110 calories • 3.5 g fat (2 g saturated) • 12 g sugar • 5 g protein

BECAUSE IT: Satisfies Kids Without Sugar

Finding a yogurt kids will eat means finding one filled with fruit. But most fruit yogurts tend to have high levels of sugar. YoTot's Pear Spinach Mango squeezable packs are one exception; they have a healthier sugar-to-protein ratio of 2.5-to-1, compared with the company's Oh My Yog! Gingered Pear, which delivers 28 grams of sugar (about what you get in a Butterfinger) for just 7 grams of protein.

Siggi's Mixed Berries 4% Whole-Milk Skyr

(1 container) 120 calories • 5 g fat (3 g saturated) • 8 g sugar • 10 g protein

BECAUSE IT: Gives Fruit Yogurt a Low-Sugar Twist

What's "skyr"? It's the traditional yogurt of Iceland, made by incubating milk with live active cultures, then skimming away the watery whey that floats to the top. Siggi's 4% milk-fat varieties deliver **10 grams of protein for a mere 8 grams of sugar**, making its ratio among the healthiest on the market.

Lifeway Whole Milk Kefir

(1 cup) 190 calories • 8 g fat (5 g saturated) • 20 g sugar • 10 g protein

BECAUSE IT: Makes Probiotics Convenient

Organic and GMO-free, Lifeway Kefir is a **drinkable yogurt that delivers 12 probiotic cultures**. Although its sugar content is a little high at 20 grams, it delivers 10 grams of belly-filling protein for just 190 calories per cup.

Gourmet Meals on Demand



I am not a cook. Let others study the oeuvre of Pepin and Child. I'm thrilled to let pros do the work for me.

But I like to eat—and I like to eat healthfully. And as most of us have figured out, it's easier to find a pterodactyl in Central Park than to find nutritionally balanced meals in a restaurant. So for people like me, a new trend has sprung up—delivery gourmet meal services. These outfits don't bill themselves as "diet," per se, but their goal is to get people eating fresh food and also develop some skills in the kitchen. A natural by-product of that, of course, is weight loss.

"These programs are fantastic for those who don't have the time to cook," says Marjorie Nolan Cohn, R.D., spokesperson for the Academy of Nutrition & Dietetics. But are they all they're cracked up to be? From an environmental perspective, absolutely not: Plastic bags are the top ingredient. As for the taste and the cooking experience? Read on.

—Julie A. Kidd

THE PROGRAM	COST	NUTRITION	CONVENIENCE	TASTE
 Blue Apron Three-year-old Blue Apron 	plan (\$59.94 for with shipping) or a 4-person plan (\$139.84 for four meals a week, with shipping).	Meals range from 500 to 700 calories, and take about 35 minutes to prepare. All of the ingredients come in individual plastic bags packaged in a refrigerated cardboard box.	Each instruction came with a visual. So, for example, when I needed to "smash the beans" to make huevos rancheros (about 700 calories per serving), there was a photograph of a hand in full smash mode, hovering over a bowl of beans. Everything was perfectly premeasured, and, for the most part, fresh (save for two avocados that had labels affixed to them that said, "Ripe Now." They weren't).	
 HelloFresh is the only company with an actual  "design our recipes with nutrition in mind," says Rebecca Lewis, RD, the product manager. "We want our customers to feel that they don't have to worry about it. We can create meals that meet the demand for both taste and health."	HelloFresh a Classic Box (\$10.75 per person) and a veggie box for herbivores (\$9.08 per person, with shipping).	Unlike most of the other brands, HelloFresh lists not only calories on each recipe card, but also carbohydrates, fats, protein, and fiber counts.	All of the food came in plastic bags, none of which was properly marked. I wasted a bunch of time trying to determine which baggie of food, for example, went with the Bloody Mary chicken with pancetta, pickled onion, and tomato-horseradish (597 calories, 18 g of carbs, 36 g of fat, 3 g of fiber). The produce was high quality and I liked the pre-measured portions; however, some packaged items seemed down-market.	
 HOME CHEF . My Home Chef delivery arrived in the requisite cardboard box with the ubiquitous plastic baggies, and frankly, I was overwhelmed. There just seemed to be so much food. Happily, there were stickers attached to each item, so I didn't have to mix and match.	Each serving is priced at \$9.95, with a minimum of 4 servings per order.	At the moment, Home Chef lists just calories, which are estimated using an online nutrition calculator, although it has plans to add carbs, protein, fats, and sodium.	The Thai fish cakes with cilantro-lime slaw (521 calories) and farmers' market gazpacho with avocado-microgreens tartines (452 calories) were supposed to take 40 minutes and 25 minutes to prepare. Both took me more like an hour, mostly because there was a lot of prep work, and I'm slow. But I learned the word "chiffonade," which sounded like some kind of fabric. (It means to "cut into thin ribbons.")	
 You may have caught Plated on <i>Shark Tank</i> back in April 2013 (Kevin O'Leary bit). Plated likes to call its customers "Evolved Eaters"—meaning, people who care about where their food comes from; who want to eat less processed foods; who long to cook more but have limited time.	Dishes cost around \$12 per plate, and you can add dessert anytime after your first order for an extra \$4 per serving. A 4-plate minimum per order is required.	All of its meats are 100% antibiotic-free with no added hormones, and its seafood is domestic and sustainably sourced. Most of its recipes are in the 450-750 calorie range.	Recipes range from easy to difficult, so there's something for the most incompetent of us. Plated's recipes were fairly easy to follow, and they even gave little cooking tips. For example, through making the Cheesy Tomato and Shallot-Stuffed Portobello Caps with Lemony Arugula Salad (380 calories), I learned that mushrooms soak up liquid, so I should wipe them down with paper towel rather than rinse them.	
 22 Days Nutrition delivers gluten-free, soy-free, GMO-free vegan food designed by Marco Borges, the personal trainer to Jay-Z and Beyoncé. The idea is that it takes 21 days to form a new habit, so if you eat sans meat for that long, by day 22 you should be a new person with new habits—ideally, a vegan one.	Three meal plans are available: 1 (\$14.85), 2 (\$21.78) or 3 (\$27.72) meals a day.	Carbs and more carbs. "There has long been a misconception that carbs are bad," says Borges. "This has led to a nation of people who don't consume nearly enough fiber."	Very convenient. Open the cooler, nuke the meals, and you're off. The food containers are recyclable, as is the cooler box. But you may find yourself craving animal protein after a while; I wound up subbing one of my vegan dinners for a lobster salad from Pret a Manger.	
 FRESHOLOGY The beauty of FRESHOLOGY , a pre-prepared delivery service that was founded in Southern California 10 years ago, is that cooking is not required. The meals are ready-made; the most difficult thing customers have to do is peel off the plastic covering and pop the meals in the microwave.	Prices start at \$47.95 a day for 2 weeks, and go up to \$54.95 a day.	Freshology offers different plans with calorie ranges from 1,100 to 2,200; Weight Loss and Fitness; Healthy Gourmet; and Specialty Menus (including a "new mom" plan).	I found myself stabbing each meal with my fork and tearing the coating to shreds. The plastic (again with the plastic!) containers with salad dressing or sauce weren't easy to open either. And after spending time making my own food, I kind of felt like I was cheating by consuming prefab meals. I'm sure it was psychological, but I felt healthier eating meals that went from the box to the pan to my mouth.	



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KEYWORD SEARCH:
These words mean



5 Simple Words That Will Take Off the Weight

Use our secret label decoder to uncover stealth health foods that boost nutrition while cutting calories.

Some diets and weight-loss plans sound a lot like the plot of *Fast & Furious 7*: You don't eat (that's the fast), you hate your life (that's the furious), and you drop seven pounds really quickly. But there's a reason why they make poor Vin Diesel keep playing that same role over and over again: You never really walk out of one of those films feeling like the issues are settled. There will always be a next fast and furious race to be run.

And so it is with diet plans. The faster and more furiously you lose weight, the harder it is to stick to a plan over the long haul. But instead of racing to get slim, what if you just put your fat burners on cruise control and made the weight loss automatic, while you went about doing other things (like looking for a different movie to watch)? You can set a course for easy weight loss—as much as a pound a week—just by looking for some key words you'll find in the grocery store.

But they're not the words you might think. While marketers love to plaster unhealthy foods with nutritional buzzwords (like putting *Good Source of Fiber* and *Made with Whole Grains* around the edges of a sugary cereal-box cartoon character, for example), there are some words out there that are secret clues to ongoing weight loss. If you swap out your standard food for sources that use these five terms, you'll save up to 320 calories a day. That's 3,500 calories every 11 days—enough to drop more than 33 pounds in a year.

WEIGHT-LOSS WORD #1 **WHIPPED**

When air is incorporated into a food, you actually end up eating fewer calories, even though it might seem like you're using the



same amount. Looked for whipped butter, cream cheese, yogurt, and cottage cheese.

CALORIES SAVED:
30 to 50 calories per serving

WEIGHT-LOSS WORD #2 **GRASS**

As in grass-fed. Or pastured for chickens and pigs, which need more than grass in their diets. This means that the animal that provided the meat, dairy, or eggs was raised eating what it was meant to be eating. And when animals eat this way it translates to less belly fat for you.

Grass-fed beef, for example, contains more conjugated linoleic acid (CLA), which shrinks belly fat and helps build muscle. It also has more fat-fighting omega-3s and less inflammation-promoting omega-6s than corn-fed beef.

CALORIES SAVED:
30 calories per serving

WEIGHT-LOSS WORD #3 **WILD**

We're talking fish here. According to Harvard researchers, farmed fish can have up to 10 times more toxins than wild fish. The chemicals found in farmed fish, including PCBs, dioxins, and fungicides, have been shown to increase body fat by interfering with our hormones. And wild fish have healthier diets: Wild salmon has fewer calories, fewer hormone-disrupting chemicals, and more omega-3s than its farmed friends.

CALORIES SAVED:
50 calories per serving



WEIGHT-LOSS WORD #4 **PROBIOTIC**

Eating probiotics like those found in yogurt, kimchi, sauerkraut, and kombucha can turn off our genetic "fat storage" switches, according to a study in the journal *Beneficial Microbes*. Research on those who eat yogurt regularly found that it shrinks body fat as well as levels of the "hunger" hormone leptin, resulting in fewer cravings and binges, and less flab.

CALORIES SAVED:
3 to 4 percent fewer calories absorbed. (80 calories)

WEIGHT-LOSS WORD #5 **ORGANIC**

Pesticides switch on genes that cause our fat cells to grow while making them more efficient at storing fat, according to a study in *Molecular Endocrinology*. But you can reduce your pesticide exposure by 80 percent simply by choosing organic for the 12 fruits and vegetables the Environmental Working Group found contain the highest levels of pesticides: apples, celery, cherry tomatoes, cucumbers, grapes, nectarines, peaches, potatoes, snap peas, spinach, strawberries, and sweet bell peppers.

CALORIES SAVED:
100 calories per day. (A Canadian study revealed that those with the highest levels of pesticides experience a dip in metabolism equivalent to burning 100 fewer calories per day.)



For 10 restaurant weight-loss hacks, log on to eatthis.com now!



Shop!

Trickiest Treats

Get a handle on Halloween: Pick the right candies to dish out and slash your fat and calorie intake in half.



For parents whose level of nutritional oversight hovers around “helicopter” range, Halloween is the most evil of all holidays. After all, we can petition Santa to stuff the stockings with relatively healthy items—more tchotchkes, fewer candy canes—and convince the Easter Bunny to keep the cheap chocolates and sugary Peeps to a minimum.

But Halloween is out of our hands. What comes back to haunt us, literally, in our children’s buckets depends on whatever the neighborhood’s gluttonous ghouls and voracious vampires are meting out. And more often than not,

once the kids are out of costume and into their pjs, we’re probably going to dig in and “help them out” with their haul—in the interest of promoting good dental health for the next generation, of course.

Unless the dentist down the block is handing out apples, chances are there’s not going to be anything truly good for your kids in their big orange buckets. That said, if you’re the type to micro-manage Halloween, then knowing which candies pack the most calories and fat may help you figure out what to stock for your own handouts—and which to hide from the kids (and yourself).



BEST

WORST



Shop!

6 NUTTY WAYS TO SLIM DOWN

With protein, fiber, and healthy fats, nuts are the perfect weight-loss food. Bring these winners out of their shells.



Hang out at a local bar and you're sure to come across a variety of nuts (we're talking about the food, not the people hanging out in the corner)—and patrons popping them like they're diet freebies.

It's the perfect example of good food gone bad. Nuts, like avocados, are loaded with heart-healthy fats. But healthy doesn't always mean lean. A couple of beers and a few handfuls of nuts, and you've racked up some serious calories—and diet damage. "A one-ounce serving of nuts contains 135 calories, and how many nuts you get in a serving will depend on your nut of choice," says Tanya Zuckerbrot, RD. "Think about it: Would you rather have 12 cashews or 22 almonds?"

We'd rather have a mix, actually. Each nut has its unique nutritional profile, and some pack more benefits per handful than others. Since you probably deal with enough nuts in your life already, we got the lowdown for you.

1 Brazil Nuts



This tiny nut is pretty mighty!

What makes the unsung hero of the nut world such a powerful health food? For starters, it's the richest known food source of selenium out there, with just two of the tiny nuts providing more than a day's worth of the mineral. Selenium not only plays a key role in metabolism, immunity, and reproductive health,

but also helps the body absorb vitamin E, which can help ward off cataracts later in life. In addition, Brazil nuts are packed with health-boosters like copper, zinc, potassium, riboflavin, heart-healthy fats, and magnesium, a mineral many women are deficient in (especially those taking birth control pills).

Eat This!
If you've tried them before you'll likely agree Brazil nuts have a rich, creamy flavor. Add chopped nuts to oatmeal with some fruit, pop them in your mouth raw, or roast them for 10 minutes with a bit of maple syrup and salt.

2 Walnuts



Dietary fats are kind of like lovers.

Some of them make you a better person, and others—as you often discover too late—are catastrophically bad for your health. While polyunsaturated fat can help reduce abdominal fat, saturated fat—like the kind you'll find in baked goods and red meat—can increase waist size, a study published in the journal *Diabetes* found. (Saturated fats

"turn on" certain genes that increase the storage of fat in the belly, researchers say.) Polyunsaturated fats, like those found in walnuts, activate genes that reduce fat storage and improve insulin metabolism. Walnuts are also one of the richest dietary sources of heart-healthy omega-3 fatty acids. Sprinkle a handful on your morning oats or entree salad for belly-busting benefits.

Eat This!
Mix 1 cup walnuts with $\frac{1}{2}$ cup dried blueberries and $\frac{1}{4}$ cup dark chocolate chunks.

(For the 100 Best Weight-Loss Foods Ever, visit eathis.com!)



Shop!

3 Almonds



Think of each almond as a natural weight-loss pill. A study of overweight and obese adults found that consuming a little more than a quarter-cup of the nuts can decrease weight more effectively than a snack of complex carbohydrates and safflower oil—after just two weeks! (And after 24 weeks, those who ate the nuts experienced a 62 percent greater

reduction in weight and BMI!) For optimal results, eat your daily serving before you hit the gym. Almonds, rich in the amino acid L-arginine, can actually help you burn more fat and carbs during workouts, a study printed in *The Journal of the International Society of Sports Nutrition* found. Almonds also rank at the top of the class for vitamin E content.



Eat This!

BLUE DIAMOND ALMONDS. We like the individual packs, which provide portion control. One recent study found that those who ate just 7 grams of monounsaturated fat had 40 percent less hunger for hours afterwards.

4 Pistachios



Stephen Colbert may be on to something. UCLA Center for Human Nutrition researchers divided study participants into two groups, each of which were fed a nearly identical low-cal diet for 12 weeks. The only difference between the groups was what they were given to eat as an afternoon snack. One group ate 220

calories of pretzels while the other group munched on 240 calories worth of pistachios. Just four weeks into the study, the pistachio group had reduced their BMI by a point (while the pretzel-eating group stayed the same), and their cholesterol and triglyceride levels showed improvements as well.



Eat This!

We like **EVERYBODY'S NUTS** brand Salt and Pepper variety. We're not sure how they got the flavor inside the shell, but we do know it's totally addictive.

5 Peanut (Butter)



While the classic nut butter shares some health benefits with other nut butters, there tend to be fewer healthy versions available on the market. "Peanut butters are most often processed with hydrogenated

oils and sugar, so make sure you check the label carefully," cautions Stephanie Middleberg, MS, RD, CDN, of Middleberg Nutrition. Look for "natural" peanut butters with just peanuts and maybe a little salt.



Eat This!

SMUCKER'S NATURAL PEANUT BUTTERS are top-notch. The chunky and creamy varieties are made with just peanuts and a hint of salt, while a sweeter version also includes honey—no artificial fillers.

6 Cashew (Butter)



With a rich, smooth texture, cashew butter is slightly lower in calcium than other nut butters, but can still pack a nutritional punch. "It's a good source of phosphorus, magnesium, calcium, and copper, and shouldn't be overlooked," explains Middleberg. Magnesium helps your body relieve various conditions like constipation, insomnia,

headaches, and muscle cramps, as well as regulating the immune system and supporting brain function. Cashews also contain a good amount of biotin, which will help keep your locks shiny and lustrous. Try using decadent cashew butter in smoothies and desserts to reap all the nutritional benefits and give yourself a healthful treat.



Eat This!

ARTISINA CASHEW BUTTER is made from the purest of ingredients: cashews. It's packed with iron, essential vitamins and none of the bad stuff, making it ideal for an energy-boosting afternoon snack.

MAKE YOUR OWN MIX!

Toss a combination of nuts: pecans, almonds, peanuts, cashews with chili powder, black pepper and a pinch of cayenne.

- Roast in a 400-degree F oven for 10 minutes, until warm and toasty.

OR...

Eat This!

Try the **Larabar Uber Mixed Roasted Nut Bar**. Almonds, cashews, peanuts, pecans, and macadamia nuts are the stars of this snack bar while honey, dates and tapioca syrup add a hint of sweetness.

STARTERS / Dine!

Lunch-Hour Slim-Down

7 great "fast-casual" lunches
under 500 calories

Continued



MATINEE IDOLS:
Three quick Chipotle lunches that will help
fight off the pounds.



(For the best and worst restaurants in America, go to eatthis.com!)



Continued

Chances are, your typical lunch hour is a mishmash of multitasking—stopping by the drug store, running bank errands, buying that last minute birthday card and dropping it at the post office just under the wire. That makes it hard to squeeze in a decent lunch in the remaining 6 minutes and 30 seconds before you need to be back at the office. And if you're trying to watch your weight, or just trying to keep your quality of life a notch or two above soul-crushing, then gnawing your way through a bag of KFC in your car or at your desk is not going to cut it.

Slightly more elegant, super-convenient, and pretty darn tasty, "fast casual" restaurants like Boston Market or Chipotle offer a solution. But that solution can come with, if you're not careful, 1,200 calories or more—that's two thirds of what the average woman should eat in a whole day. To make your lunch order and your weight management automatic, we grabbed our little brown plastic trays and stood in line to find some great options that will keep you lean and full through the afternoon push.

Au Bon Pain

There are plenty of ways to go wrong here, but Au Bon Pain couples an extensive inventory of healthy items with an unrivaled standard of nutritional transparency. Use the on-site nutritional kiosks to seek out one of dozens of paths to a sensible meal.

Survival Strategy:

Opt for one of the excellent soups or salads, or pair two smaller items from the All Portions menu. But steer clear of the Mediterranean Power Pack. It sounds vaguely healthy, but what it's actually packing is a hefty 1,020 calories.



Eat This!

Grilled Chicken Sandwich

480 calories
15 g fat (2g saturated)
1,230 mg sodium

Lobster Salad Sandwich

410 calories
20 g fat (10g saturated)
1,010 mg sodium

Meat Lasagna

470 calories
24 g fat (11 g saturated)
1,080 mg sodium

Boston Market

Boston Market's menu is a mixed bag of lean proteins and calorie-rich side dishes dressed with too much butter and cheese.

Survival Strategy:

Avoid the entire line of Boston Carver sandwiches, the meat loaf, and the potpie. Instead, pair roasted turkey, ham, white-meat chicken or even beef brisket with a side of vegetables and you've got a solid lunch.



Eat This!



Roasted Turkey Breast

with Garlic Dill New Potatoes and Mediterranean Green Beans

470 calories
21 g fat (2.5 g saturated)
1,270 mg sodium

Southwest Santa Fe Salad (entrée size, hold the cheese)

460 calories,
24 g fat (3.5g saturated)
760 mg sodium

Slow Braised Pulled Pork Bowl with Caesar Side Salad and Fresh Steamed Vegetables (hold the sauce)

480 calories
32 g fat (9 g saturated)
1,140 mg sodium

Chipotle

We've always commended Chipotle for the integrity of its ingredients and the flexibility of its menu. And the recent addition of a vegan protein option, Sofritas, in some of its outlets is a big nutritional step forward. But this burrito bar could still do a lot better.

Survival Strategy:

Chipotle is all about customization. With fresh salsa, beans, lettuce, and grilled vegetables, you can get a nutritionally solid meal. Choose a bowl over a burrito, skip the white rice and sour cream, and you'll do just fine.



Eat This!

Burrito Bowl with Barbacoa Beef, Black Beans, Cheese, Lettuce, and Fresh Tomato Salsa

410 calories
15.5 g fat (7.5 g saturated)
1,480 mg sodium

Salad with Chicken, Black Beans, Cheese, and Fresh Tomato Salsa

430 calories
15.5 g fat (8 g saturated)
1,265 mg sodium

3 Sofritas Tacos on Soft Corn Tortillas with Pinto Beans, Fajita Vegetables and Romaine Lettuce

500 calories
11.5 g fat (1.5 g saturated)
1,055 mg sodium

Così

Although Così's one of the best chains to cozy up to, the majority of its meals could stand to shed a couple hundred calories.

Survival Strategy:

All the melts and omelet sandwiches pack more calories than they should, but the Lighter Side menu is filled with items that get you in and out for less than 500.



Turkey Avocado Sandwich

447 calories
14 g fat (1 g saturated)
422 mg sodium

Hearth-Roasted Veggie Sandwich with Fresh Mozzarella & Feta Spread

467 calories
23.6 g fat (12.9 g saturated)
591 mg sodium

Pesto Chicken Sandwich with Mozzarella, Sun-dried Tomato Cream Cheese, and Arugula

466 calories
21 g fat (11g saturated)
995 mg sodium



Panera Bread

Two out of every three Panera sandwiches has more than 600 calories, and most of them come hugged between two slices of refined carbs—even its “whole wheat” bread is more than 50 percent white flour.

Survival Strategy:

Skip the stand-alone sandwich lunch and instead pair soup or salad with a half sandwich.



Half Asiago Roast Beef and Half Classic Salad with Asian Sesame Vinaigrette

475 calories
23 g fat (8.5 g saturated)
990 mg sodium

Smoked Turkey Breast on Country Bread

430 calories
3.5 g fat (1 g saturated)
1,790 mg sodium

Full Strawberry Poppyseed & Chicken Signature Salad

350 calories
13 g fat (1.5 g saturated)
290 mg sodium

Quiznos

This is a danger zone for anyone watching his or her weight. The bigger wraps can easily pack 1,000 calories and a full day's worth of saturated fat, and the oversize salads aren't much better.

Survival Strategy:

Avoid the salads, large subs, and soups that come in bread bowls. Stick with a small sub (at 360 calories, the Honey Bourbon Chicken is easily the best), or pair a Sammie with a cup of soup.



Chicken Bacon Ranch Flatbread (small)

480 calories
24 g fat (9 g saturated)
1,140 mg sodium

Turkey Ranch & Swiss Sub on Wheat Bread (small)

470 calories
22 g fat (7 g saturated)
1,410 mg sodium

Spicy Monterey Sub (small)

400 calories
13 g fat (5 g saturated)
1,480 mg sodium

QUIZNO'S SCORE:
Only a small sandwich will get you in and out for less than 500 calories

Subway

Subway is the first major fast-food chain to carry avocado (now available at breakfast, too), and all the heart-healthy fats found within, in every one of its 26,688 U.S. stores. If Subway weren't already America's healthiest chain, it certainly is now.

Survival Strategy:

Trouble lurks in three areas at Subway:

- 1) hot subs,
- 2) footlongs,
- 3) chips and soda.

Anything on the Fresh Fit menu will get you out of the shop for less than 500 calories. Load up on veggies, and be extra careful about your condiment choices.



Steak and Cheese Toasted Sandwich (6 inch) and Veggie Delite Salad with Honey Mustard Dressing

490 calories
12 g fat (4.5 g saturated)
1,350 mg sodium

Turkey Breast & Black Forest Ham (6 inch) with Swiss Cheese, Light Mayo and Mustard

400 calories
14 g fat (4.5 g saturated)
980 mg sodium

Double Chicken Chopped Salad with Avocado and Subway Vinaigrette

420 calories
24 g fat (4.5g saturated)
940 mg sodium



Dine!

6 WAYS TO MAKE PIZZA HEALTHIER

Order in or cook it up: Keep these simple tricks in mind to make any pizza healthier.

1. Don't Be Plain

You can lower a pizza's glycemic index (GI) by adding fiber- and protein-rich toppings. For example, while a simple cheese pizza scores an 80 (out of 100), a veggie supreme pie clocks in at 49. Raw veggies and lean meats make for the best toppers.

2. Cut the Cheese

Ordering your pizza with "half cheese" is an easy way to cut the saturated fat on a plain- or veggie-topped pie by 50 percent! Even if you decide to boost the cheese factor with an additional tablespoon of pungent Parmesan (only 22 calories), you'll still save mega calories.

3. Turn Up the Heat

A study by Canadian researchers found that men who ate spicy foods consumed 200 fewer calories than those who skipped the hot sauce.

4. See Red

Pizza's biggest health benefits come from lycopene-rich tomato sauce. Direct your pie like a Quentin Tarantino movie: the more red stuff splattered about the better.

5. Think Thin

Typically made from refined white flour, pizza dough offers little nutrition to your body and will spike your insulin levels. Thin crusts are usually the best option.

6. Cook This! Pizza with Arugula, Cherry Tomatoes, and Prosciutto

400 calories
12 g fat
(5 g saturated)
980 mg sodium



This pie is based on a pizza once eaten at a trattoria high above the ocean in the impossibly scenic village of Positano, which clings to the cliffs above Italy's Amalfi Coast. Though you'll have a tough time re-creating the setting, this combination of ingredients flirts with those magical flavors. The cherry tomatoes roast down into sweet little orbs of sauce, the prosciutto adds a salty punch, and the arugula, which wilts gently from the residual heat of the pizza, brings a fresh, peppery note to the pie. Bellisima!

YOU'LL NEED

Pizza Dough (see page 118),
12 oz store-bought pizza dough,
or 1 large pre-baked crust,
such as Boboli
1 cup Pizza Sauce (see page 118)
1½ cups shredded part-skim
mozzarella

2 cups cherry tomatoes

2 cups arugula

6 slices prosciutto, cut or torn into
thin strips

Shaved Parmesan

HOW TO MAKE IT

- Preheat oven to 500°F. If you have a pizza stone, place it on the bottom rack.
- Divide the dough into 2 equal pieces. On a well-floured surface, use a rolling pin to work the dough into two thin circles, about 12" in diameter.
- If you have a pizza stone, place one circle of dough on a pizza peel, cover with a light layer of pizza sauce, then top with half the mozzarella and cherry tomatoes. Slide directly onto the pizza stone and bake for about 8 minutes, until the edge of the dough is lightly browned. If you don't have a pizza stone, cook the pizzas on a baking sheet instead.
- Remove the pizza to a cutting board and immediately top with half the arugula (which will wilt lightly from the heat), half the prosciutto, and a good measure of shaved or grated Parmesan. Cut the pizza into six or eight slices. Repeat with the other circle of dough and the remaining ingredients.

MAKES TWO 12-INCH PIZZAS, OR 4 SERVINGS

 STARTERS / Energize!

The Ultimate Postworkout Smoothie

Give your body what it craves with a creamy, filling treat that will recharge your muscles and excite your taste buds.

Every high-end gym has a similarly high-end cafeteria, with \$2 bananas, \$9 juices, and \$15 "power meals" on offer to help you quickly take off weight—from your wallet.

And then there's the ever-confusing smoothie bar.

You probably already know that a quick mix of protein, carbs, vitamins, and minerals is essential for restoring your body's balance and helping your muscles rebuild and recharge. But with a huge

Continued



SHAKE IT OFF:
A perfect power smoothie to help you recover from your perfect power workout.



Energize!

Continued

selection of add-ons, mix-ins, and proprietary recipes on hand, how do you know what kind of smoothie is right for you? We pored through the research and identified the ingredients that make up the perfect smoothie.

Vegetable Protein

A 2015 study in the *Journal of Diabetes Investigation* found that patients who ingested vegetable protein were far less susceptible to metabolic syndrome (a combination of high cholesterol, high blood sugar, and obesity) than those who ate animal protein. A second study in

Nutrition Journal found that “plant protein intakes may play a role in preventing obesity.” Look for vegan blends that have a full range of proteins, rather than specific types like pea, hemp, or soy.

Resistant Starch

Once it’s in your body, resistant starch does just what its name suggests—it resists digestion. That means it hits both ends of the metabolism spectrum, controlling blood sugar while also forcing your body to burn more calories as it absorbs the food. But resistant starch has another

awesome weight-loss property: It feeds your belly’s “good” bacteria. According to a 2015 study in the *Journal of Functional Foods*, when you eat resistant starch, your healthy bacteria get a workout digesting the healthy starch, becoming more dominant and leading to a healthier gut. Firm bananas, oatmeal and sweet potatoes are smoothie-friendly sources of resistant starch.

Mono-unsaturated Fat

A study published in *Nutrition Journal* found that participants who ate foods high in monounsaturated fats for lunch (in this case, half an avocado) reported a 40 percent decreased desire to eat for hours afterward. Monounsaturated fats can reduce cholesterol, promote weight loss, even boost memory. Best sources: nut butters, avocado.

Nondairy Milk

Smoothies blended with dairy milk or

yogurt may be higher in protein, but they’re also higher in sugar—particularly lactose, which many people can be sensitive to. Almond and coconut milk are especially low in calories (around 60 calories per cup), while other dairy alternatives like hazelnut (110 calories), rice (130) or hemp (140) can add unnecessary heft. Always avoid: soy milk. Processed soy is high in naturally occurring, estrogen-mimicking chemicals, which can inhibit muscle growth and increase fat storage.

Fiber

Any fruit, vegetable, seed, or nut will provide fiber if it’s whipped up in a high-speed blender, but it’s an important part of any weight-loss drink that’s often left out of our juicing culture. Try an additional boost of fiber from nuts or nut butters, dark chocolate, or flax or chia seeds.

Berries

They’re packed with polyphenols, powerful natural chemicals that can actually stop fat from forming. In a recent Texas Women’s University study, researchers found that feeding mice three servings of berries a day decreased the formation of fat cells by 73 percent. And a second study by Washington State University found that resveratrol—a nutrient found in blueberries, strawberries, and raspberries—helps convert white fat into calorie-burning “beige” fat.

Omega-3 Fatty Acids

Imagine a magical nutrient that could prevent you from ever feeling fat, dumb, or depressed—all while protecting you from heart disease and arthritis as well. Omega-3s do all that and more. But unless your dinner comes fresh from the reef every night, chances are you’re not getting enough. And it’s hard to find a smoothie recipe that includes sardines. Best smoothie sources: flaxmeal, chia seeds, macadamia nuts and walnuts.

The Perfect

YOU'LL NEED

- 1 scoop vegan protein powder (vanilla)
- ½ cup frozen organic strawberries
- ¼ frozen banana
- ½ tbsp almond butter
- ½ tbsp chia seeds, soaked in water overnight
- ½ cup unsweetened almond or coconut milk (more if you prefer a smoother smoothie)
- Water to blend (optional)

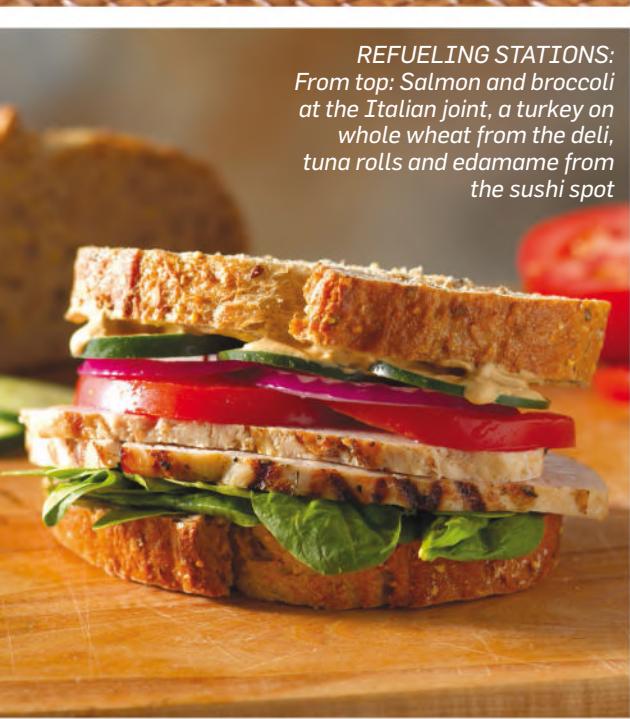
HOW TO MAKE IT

- Combine ingredients in a blender and blend until smooth.

267 calories, 7g fat, 7g fiber, 30g protein
(final calorie and protein count can vary based on protein blend)



REFUELING STATIONS:
From top: Salmon and broccoli at the Italian joint, a turkey on whole wheat from the deli, tuna rolls and edamame from the sushi spot



Best Post-Gym Menu Picks

For a quick postworkout pick-me-up, pick up these expert-recommended restaurant selections

At the Sushi Joint

"I typically refuel with a bowl of edamame and two tuna rolls," says trainer and nutritionist Jay Cardiello. "Steamed soybeans are rich in essential amino acids and fiber. The rice in sushi helps replenish lost glycogen stores, and the tuna's omega-3 acids fight off inflammation and rebuild muscle that's been broken down during the workout."

At the Salad Bar

"Choose nutrient-rich greens like romaine, spinach, or mixed greens; a fruit like mandarin oranges or raisins to provide a source of quick-absorbing carbs; a lean protein such as tuna or grilled chicken, beans or quinoa to add some additional carbohydrates; and protein and balsamic vinaigrette or olive oil and vinegar to help absorb the vitamins in your nutrient-packed salad," says Gina Consalvo, RD, LDN, owner of Eating Well with Gina.

At the Deli

Start with whole-wheat bread (to restore lost carbohydrate stores) and load it up with muscle-building turkey or grilled chicken. Ask for a pickle on the side to replenish the salt and electrolytes lost during your workout—especially if you're exercising in hot or humid conditions, explains Leah Kaufman, MS, RD, CDN, of Leah Kaufman Nutrition.

At the Pizza Shop

"Stick with a single veggie slice," says Kaufman. "The vegetables

provide a hit of vitamins, the cheese provides some protein, and the glucose from the crust replenishes glycogen (fuel) stores that become depleted during a tough workout." For an extra hit of protein, ask for a side of grilled chicken and throw it on top of your slice.

At the Cantina

Whether you're heading to a local Tex-Mex joint or a national chain like Chipotle, Consalvo suggests ordering a grilled chicken burrito or burrito bowl. "Both meals provide lean protein to aid muscle growth and recovery, and a healthy source of fat to help muscles heal and optimize circulation."

At the Diner

A broccoli omelet is a solid refuel choice, says Cardiello. "Eggs carry six grams of protein a pop and are high in branched-chain amino acids that aid muscle growth by warding off muscle breakdown and soreness," he explains. "Broccoli makes a good meal addition because the vegetable contains phytochemicals that help fight off body fat storage. Pair the omelet with a slice of 100% whole-wheat bread and organic peanut butter to add some carbs and healthy fats."

At the Italian Restaurant

Consalvo suggests ordering wild salmon with a side of mashed potatoes and sautéed spinach, or a half portion of pasta primavera with grilled chicken. "Both of these meals provide the protein, carbs, and a bit of fat needed for recovery."



Energize!

The 4 Easiest Ab-Popping Exercises

Abs? You? Yes. It's possible, because abs don't come from doing thousands of crunches a day; nor do you need to be able to crack walnuts with your belly button. The fact is, you already have abs; you just can't see them for two reasons: First, there's a layer of fat covering them up. Second, if you're an average human being in the 21st century, you spend way too much time sitting, which means the muscles surrounding your hips and midsection are tight and shortened, which tilts your hips and forces your belly to protrude. The moves below are designed to dynamically stretch the muscles surrounding your midsection and burn a ton of fat, all in an effort to reveal your hidden abs without a single crunch or sit-up!

1. Lunge Twist

Start in the top of a push-up position. Step your right foot forward to the outside of your right hand to come into a deep lunge. Allow your hips to sink into the floor as you draw your shoulders down your back. Hold here for three deep breaths, then raise your left hand to the sky, twisting through the torso with particular emphasis on your upper back. Hold for one deep breath as you gaze at your fingertips. Return hand to floor and step the right foot back to start. Repeat on the opposite side. Continue alternating.

2. Pigeon

Start in a downward dog position, legs straight and feet and palms flat on the floor. From here, bring your right knee forward and place it on the floor outside your right hand. Release the left leg to the floor. Square your hips to the front of the room. Draw the crown of your head to the ceiling as you release your hips into the floor. If your hips are really tight, place some padding under your right butt cheek. Hold here for five deep breaths. Repeat on the opposite side.

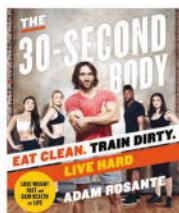
3. Plank Extension

Start in a low plank position on your forearms and toes. Extend your right arm out in front of you until it's parallel to the floor. Hold for one breath. Return to start. Repeat with the left arm. Continue alternating.

4. X Body Mountain Climber

Start at the top of a push-up position. Drive your right knee across your body toward your left elbow and return to start. Then, drive your left knee across your body toward your right elbow and return to start. Continue alternating as fast and explosively as you can.

BY ADAM ROSANTE,
FOUNDER OF THE
PEOPLE'S BOOTCAMP
AND AUTHOR OF THE
30-SECOND BODY



One-Touch Tummy Trimmer

A new app melds diet and exercise into a complete flat-belly plan.

There are hundreds of exercise apps, and at least as many diet apps. But when it comes to bringing diet and fitness together—the way most of us actually live—we're pretty much on our own. To solve that problem, and help you reach your weight-loss goals faster, comes Zero Belly: 14-Day Plan, a revolutionary diet and workout

program for iPhone and iPad, designed by David Zinczenko, creator of Eat This, Not That! and author of the best-selling Zero Belly Diet and Zero Belly Cookbook.

We know it works because Zinczenko put more than 800 people on the plan during a controlled test, and they lost up to 16 pounds in 14 days—

while eating the foods they love.

"I saw results almost immediately. After the first 10 days I had lost 10 pounds!" said Martha Chesler, 52, who lost a total of 21 pounds and 7 inches.

Download your Zero Belly: 14-Day Plan from the Apple app store today. And for exclusive recipes from Zero Belly Cookbook, see page 38!

5 Best Superfoods for Your Dog

Some of the best foods for your pup may be sitting on your own plate. Here's what to share—and what not to.

When it comes to tugging at heartstrings, Nicholas Sparks has nothing on your dog. With those sad, sappy eyes, the longing whimper, the I-love-you-please-feed-me snuggles, dogs can turn family dinner into an exercise

Continued 



Live!



GROWLING GOURMET
Some people foods can help your dog grow lean and healthy.

Continued

in emotional extortion, until you're willing to do anything to make the begging stop.

But even if you eat healthfully, what's good for you is not always best for your pet. As many as 60 percent of American dogs are now overweight—a percentage that's identical to that of American people. And canine obesity carries the same risks as human obesity, including joint pain and a shortened life span.

And packing a proper doggie bag is not as easy as simply feeding Lassie a plateful of lentils, says Cailin Heinze, VMD, a veterinarian and board-certified veterinary nutritionist. Some healthy people food is actually harmful to dogs—while other foods found on your plate make smart supplements by providing nutrients that aren't found in most brands of dog food. Here are some common human foods that can turn your pet into a champion.



Feed 'Em This

SUPERDOG POWER FOOD #1

Peanut Butter

High in fiber, protein, and monounsaturated fats, peanut butter makes a great treat. Just be careful about the amount—a tablespoon is about 100 calories, which is a whole day's worth of treats for a 50 pound dog. And make sure your pet has water nearby, otherwise his tongue is going to get stuck to the roof of his mouth. Funny for you, embarrassing for him.

SUPERDOG POWER FOOD #2

Blueberries

Blueberries are rich sources of antioxidants. A recent study found that feeding sled dogs 20 grams of wild organic blueberries in addition to their normal food significantly increased the amount of antioxidants in the blood after exercising. In another study aged and young dogs were put on either a regular diet or a diet with added antioxidants for six months. Researchers found that the older dogs that were put on the antioxidant diet did significantly better on cognitive tests.

SUPERDOG POWER FOOD #3

Sardines

Healthy omega-3s from fish oil can actually help your pup move better. A 2013 study conducted on adult dogs with osteoarthritis found that adding extra omega-3 to dogs' diets helped improve their movement and performance in everyday activities. Ask your veterinarian if a fish-oil supplement or a supplemented diet may help your dog. As for human food, sardines are among the best fish sources of omega-3s. If you can teach your dog to a) love the taste and b) catch them in his mouth, you've got yourself a heck of a healthy seal trick!

SUPERDOG POWER FOOD #4

Cranberries

Packed with antioxidants that could help to slow the aging process, cranberries may also have some benefits for the canine urinary tract in preventing infection.

SUPERDOG POWER FOOD #5

Carrots

The crunchy root not only may help keep a dog's teeth clean, but it's also high in pup-healthy fiber and vitamin A. Plus, carrots are much lower in calories than most commercial chew treats!



Not That!

Dark Chocolate

The darker the chocolate, the healthier it is for people—and the more toxic it is to dogs. That's because dark chocolate contains caffeine and other stimulants that give us get-up-and-go, but can cause inflammation, abnormal heartbeat, seizures, and even death in dogs. Chocolate-covered espresso beans, with their double dose of caffeine, are especially dangerous.

Cherries

A mildly upset stomach is about the worst that will happen if your dog eats a lot of the fruit, but if a dog ingests enough cherry seeds, which contain cyanide, he can encounter breathing difficulties and inadequate oxygen intake.

Undercooked Meat or Fish

We know, you read a lot of Jack London in high school and you've always seen your dachshund as part dog, part wolf. But domestic dogs aren't equipped to eat raw meat the way White Fang was. Bacteria in raw meat can set your pup back just as it can you.

Grapes and Raisins

Fresh or dried, grapes are great for you, but toxic to your pet. A recent case study analyzed four dogs that were hospitalized after eating grapes or raisins. All four dogs experienced vomiting, weakness, and problems with their kidneys, and two of them had to be put down due to their symptoms. One of the dogs ate just five grapes and had to be hospitalized for 12 days.

Onions

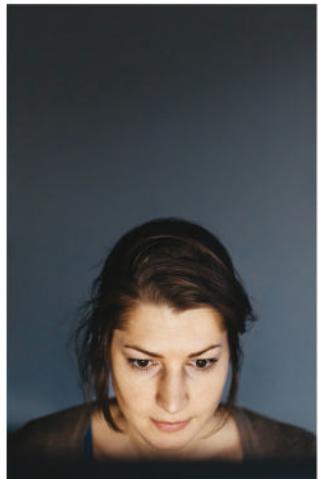
In a recent study, dogs were fed cooked onions for two days. Researchers found that large amounts of onion caused hemolytic anemia, a condition in which red blood cells are destroyed, leading to anemia.

7 WORK HABITS THAT MAKE YOU FAT

Don't let your job bulk you up. Use these tricks to lose weight—and get paid!

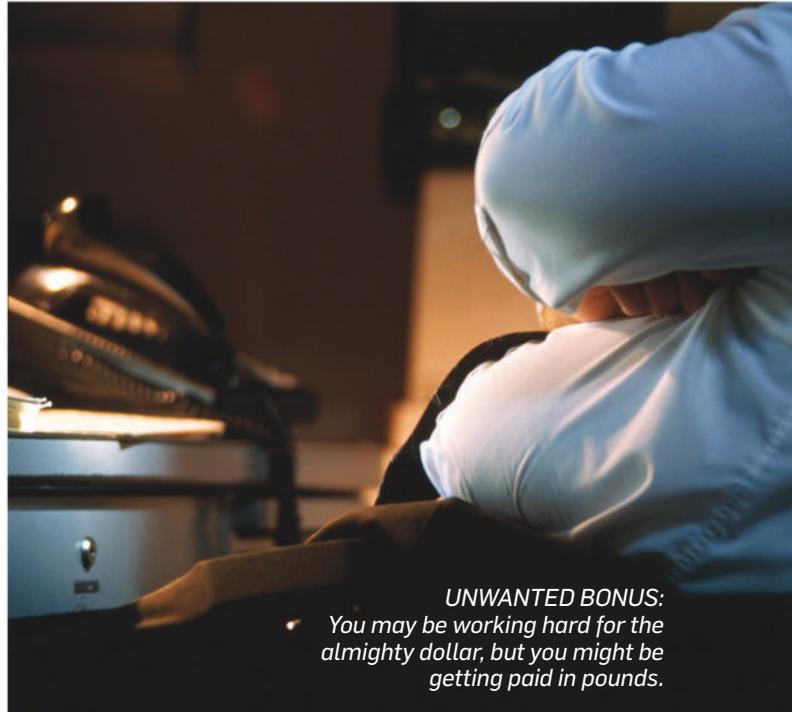
The next time you ask the boss for a raise based on your hard work, maybe you should ask instead for a bonus based on your belly fat. Because the more hours you spend at work each day, the more you'll weigh, according to a study in the journal *Preventive Medicine*—those of us who put in more than 40 hours a week are more likely to get fat.

And it's not because your demanding work schedule interferes with the hours you'd otherwise spend training for the Olympics. The average workplace is riddled with weight-gain triggers, whether you're a fortune teller or a Fortune 500 CEO. But knowing what you're up against can make a huge difference. Here are seven things you're probably doing at work that are causing you to pack on the pounds.



Arriving Late; Staying Later

When you work later, you also eat later and go to sleep later, both of which lead to unwanted pounds. A study in the journal *Nutrition Research* found that those whose last meal was closest to bedtime took in more calories throughout the day.



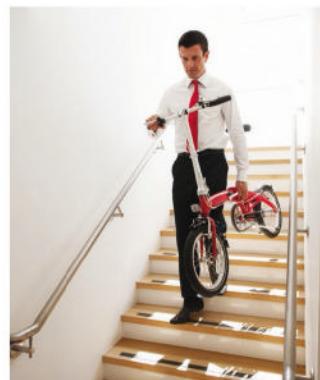
UNWANTED BONUS:
You may be working hard for the almighty dollar, but you might be getting paid in pounds.

Do This! Instead of staying later, get home, get to sleep, and get to the office earlier. You'll get more done, with less impact on your belly. And consider a new trend, intermittent fasting. Your body needs 12 hours of fasting in order to get all of its fat-burning pathways fired up. If you give yourself that time without eating, you can almost eat whatever you like for the other 12 hours and not gain weight. (And studies show that among obese patients, this plan was easier to stick to than any other kind of weight-loss program.)

Driving to Work

Those who commute by car gain more weight than those who take public transportation, according to a study

in the *British Medical Journal*. According to the study, commuting by car slaps an extra 5.5 pounds on your body, whether you exercise or not. Ouch.



Do This! Obviously, walk or cycle to work, if you can. But also consider public transportation. Researchers found those who trained or bused to work were slimmer than those who drove, because they usually had to walk at one end of the commute.



Live!

Staying Glued to Your Seat

We sit an average of 67 hours a week—that's nine hours a day sitting, six hours lying down, and only about seven hours out of every 24 spent actually moving. And our sedentary jobs now cause us to burn 100 fewer calories a day than we did 50 years ago. That alone translates to gaining an extra 10 pounds a year.

Do This! A recent study in the *Clinical Journal of the American Society of Nephrology* found that a two-minute walk every hour can offset the effects of too much sitting.



Drawing the Blinds

If you don't have a window near you at work (at least 20 feet away), seek one out. Employees with windows near their desks receive 173% more white-light exposure during work hours



and an additional 46 minutes of sleep per night than employees who don't have exposure to natural light. And those without windows get less physical activity. Plus, a new study in *Proceedings of the National Academy of Sciences* found that being exposed to artificial light leads to weight gain regardless of what you eat.

Do This! If you're a prisoner of cubicleland, try to get as much morning sunlight before work as you can; in studies, sun exposure between 8 in the morning and noon is associated with higher fat burning and significantly lower BMIs, regardless of exercise, calorie intake, sleep, or even age.

Ordering Lunch

A study found that just having a lot of take-out options near your work or along your commute to work makes you twice as likely to be obese. Think about that for a moment: Just the mere presence of take-out food increases your risk of obesity.



Do This! The best thing for you to do is pack your lunches and at least two snacks to make sure you don't have to go searching for food elsewhere.

Grabbing That 3 p.m. Coffee

We wouldn't dare ask you to forgo your morning cup of coffee... or even your 10 a.m. cup. But you might want to skip that 3:00 coffee run. Too much caffeine can lead to insulin resistance and increased fat storage, according to a study in the *Journal of Agricultural and Food Chemistry*.



Do This! When the 3:00 slump hits, go for a walk or work out instead.

Giving in to Work Stress

When you're stressed at work, you are more likely to gain weight because you're more likely to want to hide under the covers when you get home. A recent study in the *American Journal of Epidemiology* found that people with high levels of job stress are 26 percent more likely to be inactive during their downtime than those with low-stress jobs. A University of Rochester study echoed these results, finding that stress at work leads to behaviors like more watching TV and less exercise.

Do This! It's one thing for your job to make you unhappy. But if it's making you unhealthy, it might be time to start looking around.



STARTERS / Answer This!

A friend told me she's been diagnosed with a "leaky gut." That sounds disgusting. What happens when you have that?

A leaky gut in your body is like a leaky gutter on your house. Bad stuff trickles in and, over time, the damage can be huge.

"Weight gain begins in the gut," says Tasneem Bhatia, MD, medical director of the Atlanta Center for Holistic and Integrative Medicine and author of *The 21-Day Belly Fix*. "Altered gut microbiology—the wrong bacteria, yeast, or a damaged gut lining—leads to extra pounds." Left unchecked, a leaky gut can increase your risk of diabetes, depression, and arthritis, among other issues. In fact, a recent study at Oregon State University found that high-fat and high-sugar diets cause changes to gut bacteria that can result in a loss of "cognitive flexibility"—our ability to adapt and adjust to changing situations.

Your GI tract is like a sieve, through which nutrients pass and, hopefully, bacteria and toxins don't. But when too much of the bad bacteria build up, they begin to irritate the lining of the intestines, and the holes of that sieve become larger. Bacteria, food particles, and other nasty things escape your GI tract and get into your bloodstream. That's the leak. The results: inflammation, weight gain, hormonal confusion, and everything that goes with it. A leaky gut is infinitely treatable, however, by eating more fiber-rich whole foods; reducing sugar, fat and processed foods; and cutting down on medications such as anti-inflammatories and antibiotics that can damage your belly biome.

I've cut calories from my diet and I'm exercising more than ever, but I'm hardly seeing any weight loss at all. What's going on here?

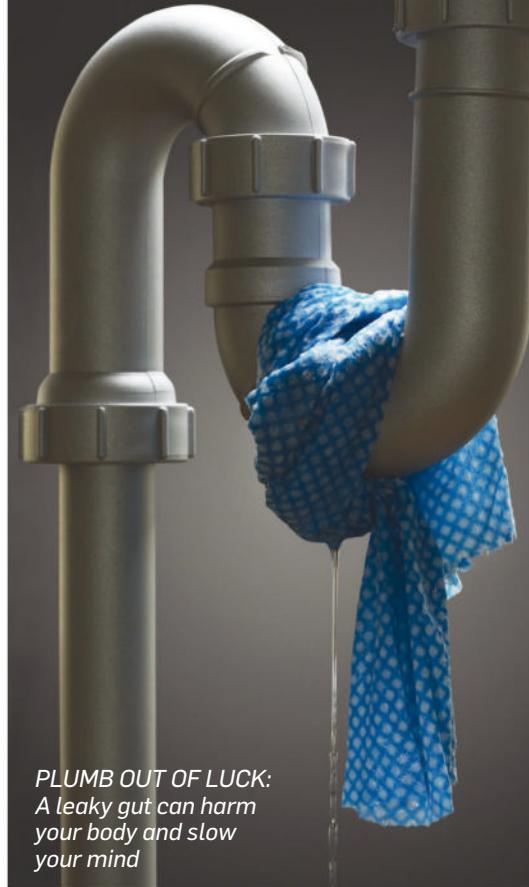
There could be a number of reasons why simply burning off more calories doesn't lead to weight loss. Each of our bodies comes with its own set of clues. Here are some to look for.

You have dark circles under your eyes. The Rocket Raccoon look is one hint that you're chronically dehydrated. In one University of Utah study, diet participants who were instructed to drink two cups of water before each meal lost 30 percent more weight than their thirsty peers.

You sleep weird. University of Colorado at Boulder researchers found that people who sleep odd hours—shift workers, students cramming for finals, women who date Fall Out Boy—burn between 50 and 60 fewer calories a day than those who have a "normal" sleep-work schedule.

Your gums bleed when you brush. That could be a sign of gingivitis or periodontitis, a type of inflammation that could indicate inflammation throughout the body. Chronic inflammation has been linked to weight gain, insulin resistance, diabetes, and obesity.

You're tired all the time—even when you sleep well. The master metabolism gland, your thyroid, is located at the front of your neck. When it's not functioning properly, it can



PLUMB OUT OF LUCK:
A leaky gut can harm
your body and slow
your mind

affect your weight as well as your energy levels. While thyroid symptoms can take numerous forms—from joint pain and missed periods to hair loss, digestion problems and depression—fatigue and weight gain are two of the most common. If those two devils are dogging you, check with your doctor to see if your thyroid could be an issue.

Whenever I cut carbs I start to lose weight, but then cravings sabotage me every time. What are the best carbs to eat for weight loss?

One of the great catch-22s of weight loss is that cutting down on carbs helps us drop pounds, but it's carbs that fuel the brain's ability to manage cravings. So trying to control your weight by restricting carbs is like trying to control your drinking by opening a wine bar.

Our bodies need carbs—or, specifically, the glucose that comes from them. And most of the fiber, vitamins, minerals, and other nutrients we need are found in the fruits, vegetables, and grains we eat. To keep your body fueled and your cravings in check, here

To ask ETNT your own weight-loss and nutrition questions, tweet us using #ASKETNT.



Answer This!

are some carbohydrate-rich foods you should be investing in:

- **Sweet potatoes** The king of slow carbs (meaning they're digested slowly and keep you feeling fuller and energized longer), sweet potatoes are loaded with carotenoids, antioxidants that stabilize blood-sugar levels and keep hunger at bay.
- **Blueberries** A University of Michigan study found that rats that ate blueberry powder as part of their meals lost belly fat and had lower cholesterol, even when they ate a high-fat diet. Additionally, blueberry skins are rich in ursolic acid, a chemical that researchers at the University of Iowa found helps preserve muscle mass in lab animals.
- **Beans** Beans are high in soluble fiber as well as the chemical butyrate, which encourages the body to burn fat as fuel. According to a study at the Wake Forest Baptist Medical Center, for each 10 grams of soluble fiber that study subjects added to their diet, they lost 3.7 percent of belly fat in a year!
- **Oats** Research in the *Journal of the American College of Nutrition* found that subjects reported greater feelings of satiety from eating oatmeal than cold breakfast cereal. And a Canadian study concluded that diets high in insoluble fiber, like that found in oats, create high levels of ghrelin, a hormone that reduces hunger.
- **Quinoa.** Even Beyoncé doesn't manage her public image as brilliantly as this trendy grain seems to. But still, in a world of superfoods, quinoa stands alone. It's one of the very few plants that provide a complete source of protein—meaning your body can convert it directly into muscle. And according to a study published in the journal *Food Chemistry*, quinoa has the highest levels of betaine, a chemical that revs your metabolism and actually shuts down the genes that encourage belly fat storage.



...When You're Expecting

by Jennifer Ashton, MD, FACOG

ABC News Senior Medical Contributor



Is there anything I can eat during pregnancy that will help my kid get into Yale?

While starting a 529 savings plan is probably the best early move for your baby's educational future, focusing on a few key foods during pregnancy might help as well. One study found that children whose mothers took supplements of cod liver oil during pregnancy and lactation scored higher on academic tests at age 4. (The magic nutrient was omega-3 fatty acids. In fact, moms who eat several weekly servings of fatty fish give birth to children with IQs five points higher than the spawn of fish-skippers, experts from the National Institutes of Health say.) Other studies found that children of women with the lowest percentage of iodine in their bloodstreams were in the lowest quartile for verbal IQ, reading accuracy, and reading comprehension. (To make sure you're getting enough iodine, toss the artisanal sea salt and use standard, iodine-fortified table salt—sparingly—to flavor your meals.)

And, at least in animal studies, researchers have found that the offspring of moms who eat a diet rich in choline—a nutrient found in eggs and other lean proteins—have reduced risks of social behavior deficits and anxiety. Other studies show

that proper nutrition can give a child better ability to self-regulate, leading to fewer behavioral issues and a better shot at the dean's list.

I'm a coffee addict who's hoping to get pregnant soon. How much am I going to have to cut back?

It depends on just how addicted you are. The American College of Obstetricians and Gynecologists notes that "moderate caffeine consumption [less than 200 milligrams per day] does not appear to be a major contributing factor in miscarriage or birth." That's one or two cups of coffee. But some studies suggest that caffeine is linked with low birth weight. A daily cup of joe is probably fine, but if you want to be extra cautious, try decaf—you'll still get a tiny dose of caffeine, plus the placebo effect of sipping on some java.

True or false: Pregnancy cravings mean you're low on the nutrients (like salt or iron) in the foods you crave (like fries and a burger!).

False. Craving a certain food during pregnancy—an iron-rich, juicy burger, say—does not mean your body is low in the particular nutrients it contains. The cravings you get when you're expecting are most likely to mimic the ones you've had in the past, especially when you were PMS-ing, according to a study published in the journal *Frontiers in Psychology*.

SPONSORED



for the Whole Family

Few foods are more delicious and nutritious than farm-fresh vegetables. But the trick is in finding new and different ways to serve them that keep the whole family excited.

Fortunately, **Country Crock®** has original inspiration with new, simple recipes. And while any vegetable becomes instantly more tempting with a dollop of buttery **Country Crock®** on top, in this case, we've come up with a great way to make one of our favorite veggies, the humble zucchini, into a worthy competitor to everyday French Fries or mozzarella sticks.

You can whip up this nutritious treat in less than 20 minutes with some panko crumbs, Parmesan cheese and **Country Crock®**—real country fresh taste from real ingredients. (And it contains no artificial preservatives or flavors, and only 50 calories per serving!) The result: a delicious, nutritious snack for the whole family!



ZUCCHINI FRIES

YOU'LL NEED:

- 3 small zucchini, cut into sticks
- 3 Tbsp. **Country Crock®**
- $\frac{3}{4}$ cup seasoned panko bread crumbs
- $\frac{1}{4}$ cup grated Parmesan cheese

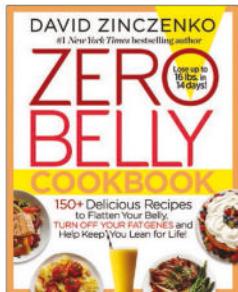
HOW TO MAKE IT:

- Heat oven to 425°. Brush baking sheet with additional **Country Crock®**; set aside.
- Toss zucchini with buttery spread in a large bowl until coated. Combine crumbs and Parmesan on plate. Coat zucchini with crumb mixture; arrange on prepared baking sheet.
- Bake 15 to 20 minutes until lightly browned and crumbs are crisp. Serve, if desired, with salsa or ketchup.

MAKES 4 SERVINGS
130 CALORIES PER SERVING

The Zero Belly Cookbook

An exclusive first look at the revolutionary new recipe plan to flatten your belly, turn off your fat genes, and help keep you lean for life!



LOSE UP TO 16 POUNDS IN 14 DAYS with Zero Belly Cookbook, 150+ quick, simple, restaurant-quality meals that will Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! Available now!

By DAVID ZINCZENKO,
with Jason Lawless

Every once in a while, you read something that changes your life.

For some, it's a novel—Gatsby perhaps, or *The Corrections*. For others, it's a motivational phrase, a memorable quote from Gandhi or Lincoln or Dr. King. But me, I'm a numbers guy. And the numbers that shook my world came from a study at Cambridge University a few years back. They're the numbers 5 and 47.

As in, those of us who cook at home at least five times a week are 47 percent more likely to still be alive 10 years from now.

As a guy who ate almost every meal at a restaurant, that study shook me to the core. As a man who lost his own father to obesity at a young age and who struggled with his own weight for several years, it made sense. For most of our lives, you and I and most everyone else in America have been giving control of our health, our weight, and our future to someone who doesn't even know who we are—and frankly, doesn't care.

And we don't know who he is, either. But he probably works in a kitchen—in the back of a Chipotle or a corner diner or a McDonald's or a nice Italian neighborhood restaurant. His job is to make our food as rich and tasty as he can, as cheaply as he can, with bargain-basement oils and unhealthy fats and plenty

If I have to pick one recipe, then my favorite would be the Crab Cake Po Boys with Sweet Potato Fries. I loved the flavor combination of the crab, smoked paprika aioli, avocado, and tomato. The sweet potato fries are just wow, flat-out delicious!

—ISABEL FIOLEK, 55, lost 13 pounds and 2 inches off her waist in six weeks.



Mini Crab Cake “Po Boys” with Sweet Potato Fries

See page 44

of added sugar, so we'll crave more, order more, and come back for more. How do all these fats and sugars and calories affect our health? That's not his problem.

But it's the problem you and I are going to solve together. *Zero Belly Cookbook* will show you how to seize back control from the line cooks and food-lab technicians who rule your life, and put the power of food firmly in your grasp. The science is revolutionary. The results are irrefutable.

And the food? The food is just damn tasty.

Zero Belly Cookbook is the culmination of a lifetime spent hunting for an answer—an answer for one of the most vexing problems known to man: how to cure belly fat. But it's much more than that. It's a celebration of great food and the power it has to heal our bodies, soothe our souls, and give us back control our lives. And it's a celebration of victory over the greatest health challenge of our times.

Steeped in decades of research, *Zero Belly* is unlike any other weight-loss plan or recipe collection you've ever read. If you want to count calories, this book won't tell you how. If you want to deprive yourself of carbs or fats or any other delicious region of the food map, go somewhere else.

But if you want to be on the front lines of a new revolution in weight loss, one that unlocks the power of food to rev up your metabolism, heal your digestive system, dramatically reduce your health risks, and literally turn "off" the genes that cause belly fat, then this is the plan for you. The 150 recipes in *Zero Belly Cookbook* target belly fat directly, teaching your body how to lose weight and keep it off, using the most delicious foods on the planet. It will do for you what it has done for thousands of fans who have joined the movement—many of whom share their culinary and weight-loss stories on these pages.

The original *Zero Belly Diet* became a *New York Times* best-seller, international blockbuster, and social media phenom for a reason: It works for everyone.

And it will work for you.

"The blueberry pancakes are great! Pancakes that are made of whole foods and are good for you and taste great? You can't beat that!"

—MATT BRUNNER, 44, lost 35 pounds and 6 inches from his waist.

Blueberry Pancakes with Fresh Blueberry Syrup

YOU'LL NEED

Blueberry Syrup

½ cup fresh blueberries

2 Tbsp maple syrup

2 Tbsp water

Pancakes

2 cups oat flour

1 Tbsp baking powder

¼ tsp kosher salt

1 cup unsweetened almond milk

½ Tbsp extra virgin olive oil

1 egg

½ tsp vanilla extract

Juice of half a lemon

2 egg whites, whipped to soft peaks

Olive oil spray

½ cup fresh blueberries

HOW TO MAKE IT

- Prepare the syrup. Combine the blueberries, maple syrup, and water in a small saucepot, and place over medium heat. Bring to a low simmer, and cook for 5 minutes, stirring occasionally. Set aside.
- Heat a griddle or a large cast-iron pan over medium heat.
- In a bowl, mix together the oat flour, baking powder, and salt.
- In a separate bowl, whisk together the almond milk, olive oil, egg, vanilla extract, and lemon juice.
- Combine the wet and dry ingredients and mix until just combined.
- Gently fold in the whipped egg whites.
- Lightly coat the griddle or the cast-iron pan with olive oil spray, and use a 2-oz ladle or a ¼ cup measure to ladle the pancakes onto the pan.
- Cook for about 2 minutes on the first side. Just before flipping, top with a few blueberries. Flip the pancake with a heatproof spatula, and cook for an additional 1 to 2 minutes.
- Repeat with remaining batter for about 12 pancakes total.
- Divide the pancakes among four plates (three per plate), and top with a spoonful of the blueberry syrup.

MAKES 4 SERVINGS

Per serving (3 pancakes) • 261 calories • 7 g fat • 35 g carb • 7 g fiber • 11 g protein



Spinach and Onion Strata

YOU'LL NEED

- ½ Tbsp extra-virgin olive oil
- 1 large white onion, roughly chopped
- 2 cups fresh spinach, packed
- 4 slices gluten-free bread, cut into ½-inch cubes
- 3 whole eggs
- 6 egg whites
- 1¼ cup unsweetened almond milk
- 1 Tbsp Zero Belly Sofrito (page 116)
- 1 tsp kosher salt
- ½ tsp fresh ground black pepper

HOW TO MAKE IT

- Heat a large sauté pan over medium heat. Add the olive oil and chopped onion to the pan, and cook until the onions become slightly translucent and soft. Add the spinach and cook until wilted. Transfer the cooked vegetables to a colander to remove any excess moisture. Set aside to cool completely.
- Place the cubed bread in the bottom of a large pie dish and top with the spinach and onion mixture.
- In a large bowl, whisk together the eggs, egg whites, almond milk, sofrito, salt, and ground black pepper. Pour over the bread and spinach mixture, cover with plastic wrap, and place the dish in the fridge overnight, or at least four hours.
- Preheat the oven to 350° F.
- Remove the plastic wrap from the strata, and cook uncovered for 45 minutes or until the eggs are fully cooked.
- Let rest for 5 minutes before slicing. Serve warm.

MAKES 4 SERVINGS

“Even my husband and children have been losing weight, and they love the recipes! My favorite is the Spinach and Onion Strata—I love breakfast, and I love eggs!”

—NICOLETTE MARSHALL, 35, lost more than 20 pounds in just 2½ months.

249 calories
• 11 g fat
24 g carb
2 g fiber
13 g protein

Mulligatawny Soup

YOU'LL NEED

1 Tbsp extra virgin olive oil	1 tsp paprika
1 lb boneless, skinless chicken breast, cut into 1-inch cubes	1 qt low-sodium chicken broth
1 large yellow onion, finely diced	1 can (14 fl oz) lite coconut milk
1 large carrot, finely diced	1 Yukon Gold potato, peeled and finely diced
1 red bell pepper, finely diced	1 cinnamon stick
6 cloves garlic, sliced thin	2 Tbsp natural no-salt-added peanut butter
1 cup celery root, finely diced	½ bunch mint and ½ bunch thyme, tied together with a string
2 Tbsp Zero Belly Sofrito (page 116)	1 dried bay leaf
1 Tbsp curry powder	1 lime

HOW TO MAKE IT

- Heat the olive oil in large sauce pot over medium heat. Brown all sides of diced chicken breast using a pair of tongs, about 4 to 5 minutes. Once browned, transfer to a plate lined with paper towels.
- In the same pot, add the onions, carrots, red bell peppers, garlic, and celery root. Cook on medium heat for about 3 to 4 minutes, stirring every minute or so so the vegetables don't burn. Stir in the sofrito, curry powder, and paprika. Add the chicken stock and coconut milk. Bring to a simmer. Add the cooked chicken, potatoes, cinnamon stick, peanut butter, tied herbs, and bay leaf and stir to combine.
- Cook on low heat until the potatoes are fork tender, about 15 to 20 minutes. Discard the tied herbs, bay leaf, and cinnamon stick.
- Divide among four large bowls. Finish with a squeeze of fresh lime juice.

MAKES 4 SERVINGS

370 calories • 15 g fat • 27 g carb • 5 g fiber • 31 g protein

“A tantalizing feast for the taste buds, but also an aromatic explosion and a visual masterpiece! It was a pure pleasure to make, as my home filled with the most glorious aromas, the vibrant colors and luxurious consistency of the soup a delight in itself, the flavors truly sublime!”

—JUNE CARON, 57, lost 26 pounds and 5 inches off her waist—and kept it off for a year!

Grilled Sirloin with Onions, Peppers, and Guacamole

YOU'LL NEED

1 20-oz sirloin steak	½ cup Guacamole (page 114)
¼ cup Black Pepper Marinade (page 117)	1 bunch scallions, roughly chopped (optional)
1 large white onion	
2 red bell peppers	

“There is no meal I like more than a grilled steak, so this one really satisfied my every craving. It felt almost like a cheat meal. My wife took all that was left over and declared that she would be eating it the next day for breakfast, so I think it's safe to say she liked it too.”

—JASON JOHNSON, 40, lost 18 pounds and 3 inches off his waist in 5 weeks.

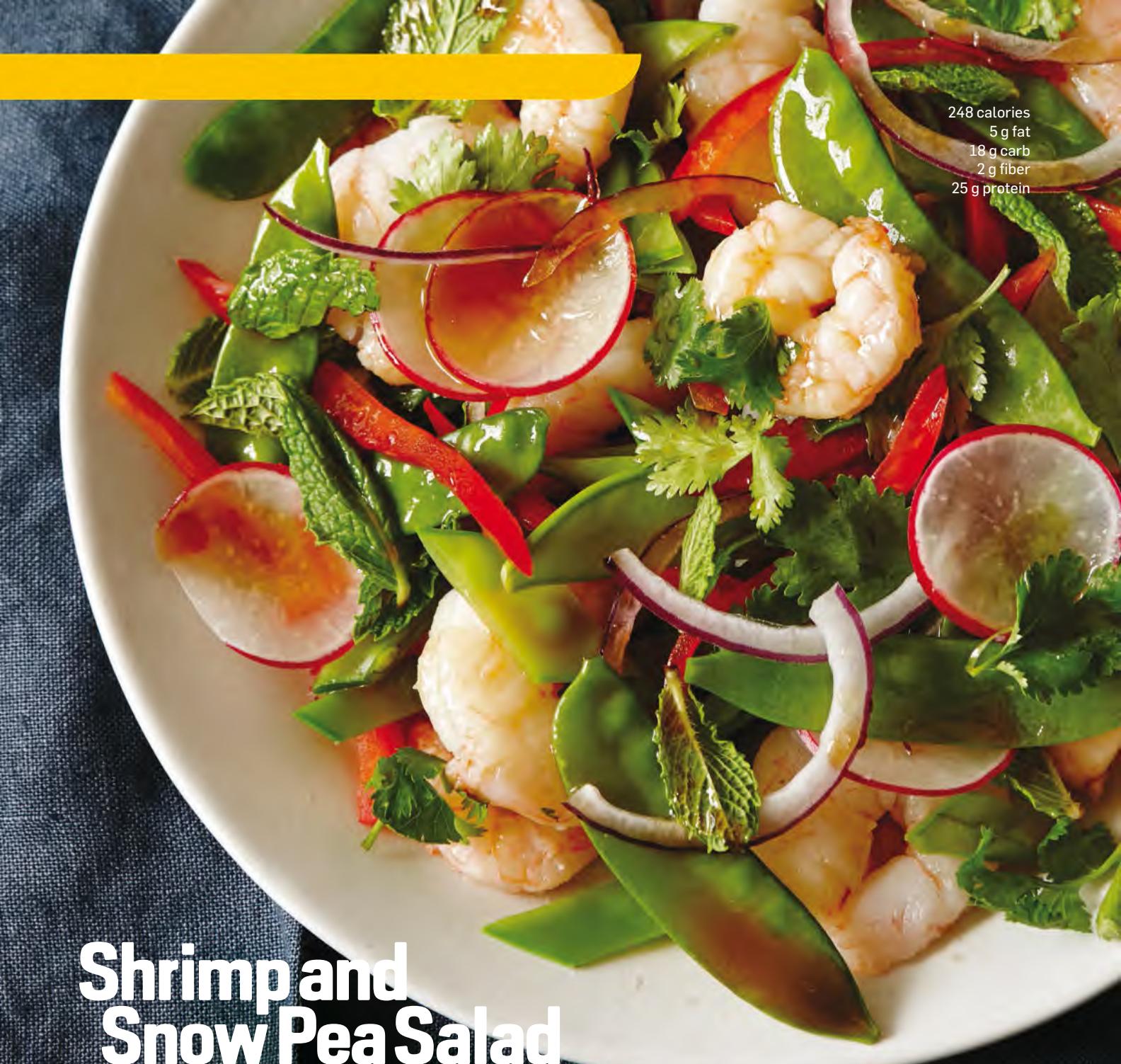
HOW TO MAKE IT

- Heat a grill or grill pan over high heat.
- Rub the steak with the black pepper marinade and season lightly with a pinch of salt. Let sit for 10 minutes.
- While the steak is marinating, peel the onion and slice into rings about ¼ of an inch thick. Cut the peppers into quarters and remove the seeds and the white veins.
- Place the steak on the grill using a pair of tongs and let sit until marked, about 3 to 4 minutes. Quarter-turn the steak on the same side and repeat. Turn the steaks over and let sit on the grill, undisturbed for 3 to 4 minutes.
- Meanwhile, add the onions and peppers to the grill.
- Quarter-turn the steaks on the same side and let cook for an additional 3 to 4 minutes. Pull the steaks off the grill and let rest.
- Turn over the onions and peppers a few times until tender.
- Slice the steak into strips. Divide the steak among four plates and top with the peppers, onions, and two tablespoons of guacamole. Garnish with scallions.

MAKES 4 SERVINGS

470 calories • 26 g fat • 16 g carbs • 3 g fiber • 39 g protein

(Discover more weight-loss recipes and simple slim-down tips at ZeroBelly.com)



248 calories
5 g fat
18 g carb
2 g fiber
25 g protein

Shrimp and Snow Pea Salad

YOU'LL NEED

- ½ lb snow peas
- 1 lb Poached Shrimp (page 116)
- 5 radishes, thinly sliced
- ½ large red onion, thinly sliced

HOW TO MAKE IT

- 1 large red bell pepper, thinly sliced
- 2 Tbsp roughly chopped mint
- 2 Tbsp roughly chopped cilantro
- 3 Tbsp Asian Salad Dressing (page 116)

- To blanch the snow peas, bring a medium pot of water to a boil. Fill a large bowl with ice and cold water. Place the snow peas in boiling water for about 30 seconds or until tender. Use a large slotted spoon to transfer the snow peas directly into the ice water to cool completely. Once cool, take the snow peas out of the water and place on a plate lined with paper towels to dry.
- Combine the blanched snow peas and all remaining ingredients in a large bowl. Mix well and divide among four plates.

MAKES 4 SERVINGS

"Delicious! I made it for my husband, kids, and sister-in-law who has a degree in nutrition, and everyone loved it! So light and crispy and beautiful. All the flavors went great together."

—KIMBERLY KREAMER, 45, lost 15 pounds and 7 inches off her waist in 6 weeks.



Mini Crab Cake “Po Boys” with Sweet Potato Fries

Crab Cakes

1/2 red bell pepper, minced
1/2 yellow bell pepper, minced
1 red onion, minced
1/4 cup gluten-free bread crumbs
3 Tbsp Zero Belly Mayonnaise (page 116), or store bought

3 dashes Tabasco (optional)
1 tsp Dijon mustard
1/4 cup almond meal
1 large egg white
1/4 tsp salt
1/4 tsp ground black pepper
1 lb crab meat

Sweet Potato Fries

20 oz sweet potato
1/2 Tbsp extra-virgin olive oil

1/2 tsp dried thyme
1/2 tsp dried rosemary
1/2 tsp ground cumin

Aioli

1/4 cup Zero Belly Mayonnaise (page 116), or storebought

Juice of 1/2 a lemon
3/4 tsp smoked paprika
1/2 tbsp relish

Toppings

1 head Bibb lettuce
1 large tomato, thinly sliced

1/2 avocado, thinly sliced

HOW TO MAKE IT

- In a large bowl, combine all ingredients for the crab cakes except for the crab and mix well with a rubber spatula. Then carefully fold in the crab.
- Use your hand to form 12 crab cakes. Flatten the crab cakes between the palms of your hands to about $\frac{3}{4}$ -inch thickness. Set aside.
- Preheat the oven to 400°F.
- Cut each potato in half lengthwise, and then into wedges. In a large bowl, combine the potatoes, olive oil, and spices. Toss evenly to coat.
- Spread potatoes in a single layer on a sheet pan. Bake for about 35 minutes, until crisp.
- Meanwhile, heat 2 tablespoons olive oil in a pan over medium-high heat.
- Use a wide spatula to carefully place each crab cake in the pan. Sear for 3 minutes, or until lightly browned. Flip each cake over, and cook for an additional 3 minutes. Transfer the cooked crab cakes to a sheet pan. Reheat in the oven with the fries 5 minutes prior to serving.
- To prepare the aioli, mix together all ingredients in a small bowl.
- To assemble the po boys: Place each crab cake on a lettuce leaf, and top with a dollop of aioli, a slice of tomato, and a slice of avocado.
- Divide the hot fries among four plates and serve with three po boys.

MAKES 4 SERVINGS

480 calories • 25 g fat • 33 g carb • 6 g fiber • 29 g protein

Spaghetti Squash and Meatballs

YOU'LL NEED

2 lb spaghetti squash (2 small or 1 large)	¼ cup roughly chopped fresh basil
2 cups Zero Belly Marinara (page 116), or store bought	¼ cup roughly chopped parsley
16 Turkey Meatballs (page 115)	

300 calories
14 g fat
22 g carb
2 g fiber
20 g protein

HOW TO MAKE IT

- Preheat the oven to 350°F.
- Cut the spaghetti squash in half and scoop out the seeds with a spoon. Place in an oven-safe baking dish, flesh-side up, and pour about 2 tablespoons of water in each cavity. Cover with foil and bake for 50 minutes to 1 hour, until fork tender but not mushy. Remove from the oven and let rest until cool enough to handle.
- Meanwhile, add the marinara and meatballs to a saucepot over a medium flame, and heat until warm, about 5 minutes. Stir every minute or so to ensure the sauce does not burn.
- Once the squash have cooled, pour out the water, and use a fork to scrape long, spaghetti-like strands from the flesh into a bowl.
- Divide the squash among four plates and top each serving with 4 meatballs and ½ cup Zero Belly Marinara.
- Garnish with the basil and parsley.

MAKES 4 SERVINGS



Zero Belly makes eating healthy simple and delicious!"

—BILL GRIESAU, 34, lost 25 pounds in 6 weeks.

Chocolate-Dipped Banana Pops

YOU'LL NEED

- | | |
|--|--|
| 2 ripe bananas | $\frac{1}{4}$ cup raw walnuts, toasted in a dry pan over medium heat until fragrant (about 2 minutes), and roughly chopped |
| 5 oz semisweet chocolate (chips or bar, chopped) | |

Special Equipment

- 4 wooden craft or Popsicle sticks

288 calories • 15 g fat • 40 g carb • 4 g fiber • 2 g protein

HOW TO MAKE IT

- Line a baking tray with parchment paper.
- Peel and cut the bananas in half crosswise and insert a Popsicle stick into each half. Place on the lined tray, and place in the freezer on parchment paper for 30 minutes.
- While the bananas are freezing, place the chocolate in a microwave-safe bowl. Microwave until melted. Stir every 30 seconds.
- Place the chopped walnuts on a plate.
- Dip each frozen banana in the chocolate, turning to coat, and then immediately roll them in the chopped walnuts. Return the banana pops to the lined tray, and return to the freezer for at least 45 minutes.

MAKES 4 SERVINGS

"Wow, these are incredible! Super easy to make and absolutely delicious! I could eat a dozen."

—DEBBIE ENDRIS, lost 3 inches off her waist in 3 months.

Flourless Chocolate Cake



220 calories
9 g fat
37 g carb
2 g fiber
5 g protein

YOU'LL NEED

- | | |
|---|---|
| 6 oz semisweet chocolate (chips or bar) | $\frac{1}{2}$ cup unsweetened cocoa powder (nonalkalized) |
| $\frac{1}{4}$ cup maple syrup | $\frac{1}{4}$ tsp kosher salt |
| $\frac{1}{2}$ cup granulated sugar | 1 tsp vanilla extract |
| 3 large eggs | Fresh berries for garnish |
| | Olive oil spray |

HOW TO MAKE IT

- Preheat the oven to 350°F.
- Lightly spray a 7-inch tart pan with removable bottom, or a 7–8 inch springform pan with olive oil spray. Line the bottom of the pan with parchment paper and spray the paper.
- Melt the chocolate in a small saucepan over low heat together with the maple syrup. Once melted, add the sugar and stir until dissolved, about 2 minutes.
- Take the saucepan off the heat, and whisk in the eggs one at a time.
- Sift the cocoa powder with a sieve, and whisk into the egg and chocolate mixture. Make sure there are no lumps. Add the vanilla and the salt and mix well.
- Pour the batter into the prepared pan and bake for 25 minutes or until firm to the touch.
- Transfer the cake pan to a cooling rack to rest for at least 5 minutes before slicing.
- Cut the cake into 8 slices, garnish with fresh berries, and serve warm or at room temperature.

MAKES 8 SERVINGS

*"My favorite recipe was the chocolate cake. My son tasted it and said 'holy sh*t!' It felt so decadent and tasted amazing! Like cheating!"*

—JULISSA LOZA, 44, lost 20 pounds and 4 inches from her waist.

(Get 150 revolutionary recipes that will turn off your fat genes. Visit ZeroBelly.com.)



Chocolate Bark

YOU'LL NEED

- 10 oz semisweet chocolate chips
- ½ cup dried tart cherries
- ½ cup raw pepitas, dry roasted in a pan over medium heat until fragrant (about 2 minutes), and cooled
- ¼ cup raw almonds, dry roasted in a pan over medium heat until fragrant (about 2 minutes), cooled and coarsely chopped

HOW TO MAKE IT

- Preheat the oven to 350°F.
- Line a baking pan with parchment paper. Pour the chocolate chips onto the parchment paper and spread to form a rectangle, about 8 by 8 inches.
- Bake the chocolate chips in the oven for 2 to 3 minutes, just until they start to melt.
- Transfer the pan to a cooling rack, and use an offset spatula to spread the melted chocolate into a smooth, even rectangle. While the chocolate is still hot, evenly sprinkle with the dried cherries, toasted pepitas, and toasted almonds. Transfer the parchment paper to a plate and refrigerate for at least 30 minutes. Break the bark into small pieces and serve.

MAKES 10 SERVINGS

"The Chocolate Bark is just the right thing for our sweet tooth. I have lost 16 pounds and 1 inch from my waist, and my husband has lost 28 pounds and 1½ inches from his waist. We both love that now when we hug, we are closer together."

—TERRI AXTELL, 55, lost 16 pounds in just 8 weeks.

190 calories
12 g fat
22 g carb
2 g fiber
3 g protein

By RACHEL MELTZER, RD

A Bittersweet Heartbreaker

Everything we thought we knew about nutrition and heart health may be wrong.

Experts around the world are now looking at an unexpected culprit as the main cause of heart disease: sugar.

We've heard it so many times, it comes as naturally as looking both ways before you cross the street: Protecting your heart means cutting down on fatty, salty foods.

It's a mantra made manifest by the easy-to-understand concept of blobs of fat floating about our bloodstream, and by the vision of heart-unhealthy public figures like Dick Cheney and pre-vegan Bill Clinton, towering symbols of political striation and enthusiastic cheeseburger consumption.

But while your cardiologist is unlikely to be passing around gift certificates to the Cheesecake Factory, more and more heart experts are coming to realize that fat and salt are only part of the story. The real danger to our hearts may be sneakier. And sweeter.

For the first time, scientists



SPECIAL REPORT

have linked the amount of sugar in a person's diet with her risk of dying from heart disease. People who ate between 17 and 21 percent of their calories from added sugar had a 38 percent higher risk of dying from heart disease, compared with people who consumed 8 percent or less of their calories from added sugar, according to a study recently published in the *Journal of the American Medical Association*.

The case against sugar is so compelling that last year the advisory panel that helps create the U.S. Dietary Guidelines eased up on its hardline stance against fat and cholesterol, recommending instead strong limits on added sugar (the government will release the official guidelines later this year). The group suggested that Americans limit added sugars to no more than 10 percent of daily calories (that's 12.5 teaspoons for someone with a 2,000-calorie diet). The American Heart Association takes an even tougher position, recommending no more than 100 calories per day from added sugars or 6 teaspoons for women, and 150 calories (9 teaspoons) for men. On average, we now get 22 teaspoons per day.

But what exactly is "added sugar," and why do experts suddenly believe that it's a threat to your heart?

SUGAR SHAKEDOWN

When they talk about sugar, heart experts aren't talking about the stuff that we consume from eating whole foods. "Added sugars are contributed during the processing or preparation of foods

and beverages," says Rachel K. Johnson, PhD, RD, professor of nutrition at the University of Vermont. So lactose, the sugar naturally found in milk and dairy products, and fructose, the sugar that appears in fruit, don't count. But ingredients that are used in foods to provide added sweetness and calories, from the much-maligned high-fructose corn syrup to healthier-sounding ones like agave, date syrup, cane sugar, and honey, are all considered added sugars.

But aren't all sugars created equal? Not really, say experts. Even if added sugars and natural sugars are chemically similar, it's more about the total package. Fructose, the sugar in fruits, seems to be the most problematic health-wise; however it's generally considered to be harmful only in high concentrations. "It's almost impossible to overconsume fructose by eating too much fruit," says Johnson. Consider this: You'd need to eat five cups of strawberries to get the same amount of fructose as in one can of Coke.

Another major difference—the fiber in fruit helps to fill you up, slow down digestion, and prevent rapid blood sugar spikes. What's more, fruit is also a rich source of disease-fighting vitamins and antioxidants. Here's what you do want to limit: Fruit juice, which is devoid of fiber and leaves you with too much sugar and too little satisfaction. It also couldn't hurt to moderate your portions of dried fruit, which is also easy to overdo—about $\frac{1}{4}$ cup is considered a serving size.

Bottom line: You don't need to be afraid of a mango. That pumpkin spice latte is a whole other story.

A SPOONFUL OF TROUBLE

You already knew the stuff wreaks havoc on your teeth, and isn't doing anything to help your diabetes risk. Plus, those added calories are only adding to your waistline, without providing any substantial nutritional value in return. But did you know that added sugar:

Increases Your Blood Pressure

Sugar may be worse for your blood pressure than salt, according to a paper published in the journal *Open Heart*. Just a few weeks on a high-sucrose diet can increase both systolic and diastolic blood pressure. Another study found that for every additional sugar-sweetened beverage, risk of developing hypertension increased 8 percent. Too much sugar leads to higher insulin levels, which in turn activate the sympathetic nervous system and leads to increased blood pressure, according to James J. DiNicolantonio, PharmD, cardiovascular research scientist at Saint Luke's Mid America Heart Institute in Kansas City, Missouri. "It may also cause sodium to accumulate within the cell, causing calcium to build up within the cell, leading to vasoconstriction and hypertension," he says.

Messes with Your Cholesterol

Eating a diet high in added sugar can do a number on your blood

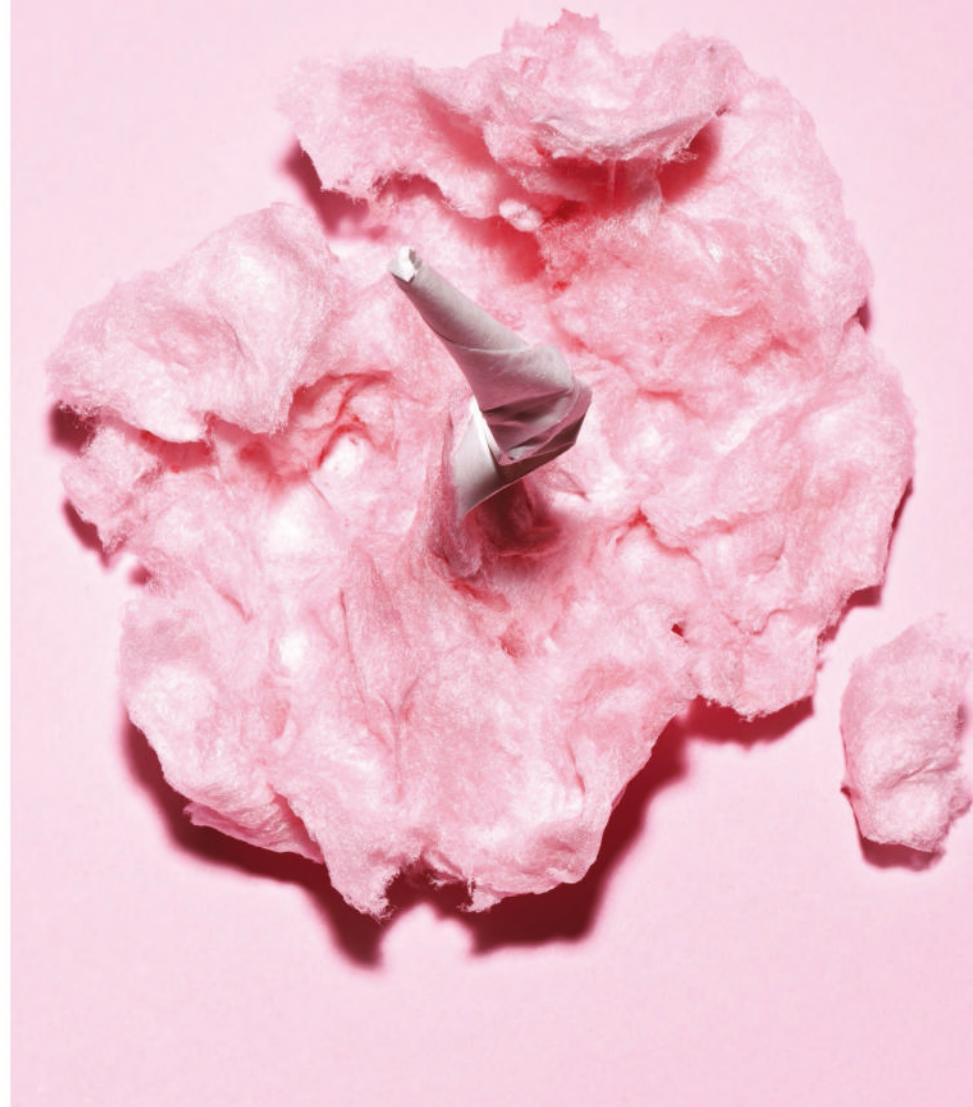
lipid levels, according to a 2010 study published in the *Journal of the American Medical Association*. Adults who ate the most added sugar (an average of 46 teaspoons per day!) were more than three times as likely to have low good HDL cholesterol levels compared with people who kept the sweet stuff to a minimum, according to researchers at Emory University who analyzed the blood of more than 6,000 men and women. The scientists also found a link between eating more added sugar and an increased risk of elevated triglycerides.

Strains Your Heart Muscle

"Americans have increased their calorie intake over the past 30 years primarily in the form of carbohydrates and sugars," says Johnson. And those 256 extra calories per day we consume in the form of added sugar are likely leading to weight gain, which may directly damage the heart, according to new research. Obese adults have elevated levels of an enzyme that indicates injured heart muscle, found researchers at Johns Hopkins University—demonstrating that long before a heart attack may occur, those carrying extra weight are experiencing damage directly to their hearts. And you don't have to be gravely overweight for the damage to occur—the risk rose incrementally with BMI.

SHAKE THE SUGAR

Reducing the amount of added sugar can't be that hard—can



it? Well, certain high-sugar foods are obvious—Dr. Pepper, Twizzlers, and Ben & Jerry's, natch. But an even bigger problem may be the sneaky sugar lurking where you least expect it. "It's in everything—even seemingly healthy foods like salad dressing, whole-wheat breads, and tomato sauces," says Brooke Alpert, RD, owner of B Nutritious and author of *The Sugar Detox*. What's more, it's impossible to find out how much added sugar a food

contains by looking at the nutrition facts panel, since labels don't distinguish between added sugars and naturally occurring ones.

So what can you do to cut the sugar? Here are six steps.

1. Read Labels

"There are more than 70 different names for sugar," says Alpert. Scour the ingredients list on any packaged food you buy for words like sucrose, barley malt,

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beet sugar, brown rice syrup, agave, and cane juice.

2. Buy Plain

Flavored foods are often code for “sugar added.” If strawberry flavored Chobani yogurt packs 15 grams of sugars, there’s no way to tell how much is from added sugars and how much is from the naturally occurring lactose. Stick with the plain version, and it will be easy to see that all 4 grams of the sugars are supposed to be there. Add flavor with whole fruit—or really shake up your taste buds with a savory topping instead. “It’s the same idea as ordering dressing on the side. This way, you get to be in control of how much sweetness is added to your food,” says Alpert.

3. Drop Drinkable Sugar

“Almost half of Americans’ added sugars intake comes from drinks,” says Johnson. So for many people, limiting beverages like soda, iced teas, lemonade, and fruit punch is a simple way to cut back big time. And healthy-sounding drinks like kombucha and vitamin waters are no exception. Don’t forget about your Starbucks run, either, says Alpert. “Coffee and tea aren’t supposed to be dessert.”

4. Skip Juices and Smoothies

Without fiber to buffer the sugar load, the natural fructose in, say, an orange, is a very different animal. A cup of juice can be equivalent to about four

oranges—an amount you’d be pretty unlikely to eat in whole-fruit form. As for smoothies, they’re a step in the right direction since they contain the whole fruit—but research from Purdue University found that liquid calories aren’t as filling as chewable ones. And by blending fruit into a pulp, it’s easy to get more fructose than you’re bargaining for.

5. Cut the Condiments

Add-ons like ketchup, barbecue sauce, flavored vinegars, and some mustards (like honey mustards) can be loaded with sweetener. If you’re going to dress up your meal, read labels to be certain there are no surprises—Dijon mustard, apple cider vinegar, and hot sauce are usually good options. Or use produce: Pineapple salsa, Vidalia onions, and tomatoes are all simple additive-free ways of sweetening a plate.

6. Add Herbs, Spices, and Extracts

They’re flavorful and low-calorie additions to any meal. “Cinnamon, vanilla, ginger, and nutmeg are some of my favorite ‘sweet’ spices,” says Alpert, who recommends adding them to oatmeal, yogurt, or even nuts. “Bonus point—a lot of spices also help regulate your blood sugar levels and can even reduce the amount of AGEs (advanced glycated endproducts) that result from too much sugar in your bloodstream,” she adds.

THE SUGAR SHAKEOUT

A two-week challenge to cut your dependence on added sugar.

Research shows that high-glycemic-index (GI) foods like sugar are actually addictive—a high-GI meal can increase hunger and light up the same parts of the brain that drugs do. We’ve put together a plan to help you completely eliminate added sugar for two weeks so that you can recalibrate your taste buds and realize how little of the sweet stuff you actually need. We’ve also ensured all carbohydrate-rich foods used have a 10:1 carbohydrate to fiber ratio—the metric approved by Harvard researchers at “the single best metric” of carbo quality. This means everything is low on the glycemic index, which will prevent blood-sugar swings that can cause sweet cravings. Simply mix and match the following meals and snacks for 14 days.

BREAKFAST (choose 1)

OATMEAL ($\frac{1}{2}$ cup plain prepared with water)

- + $\frac{1}{2}$ banana, sliced
- + 2 tablespoons natural peanut butter

GREEK YOGURT (5-ounce container)

- + $\frac{1}{2}$ cup blueberries
- + 2 tablespoons almonds, sliced
- + pinch of cinnamon

SCRAMBLED EGGS (2)

- + 1 cup baby spinach
- + $\frac{1}{4}$ avocado, sliced
- + 1 small corn tortilla

Q'IA SUPERFOOD CEREAL (original flavor, 3 tablespoons)

- + $\frac{1}{4}$ cup unsweetened almond milk
- + $\frac{1}{4}$ cup raspberries

BOB'S RED MILL ORGANIC BUCKWHEAT CEREAL (prepared according to package, $\frac{1}{4}$ cup)

- + 1 egg, whisked in
- + $\frac{1}{2}$ teaspoon vanilla extract
- + $\frac{1}{8}$ teaspoon nutmeg

LUNCH (choose 1)

MANNA ORGANICS SPROUTED BREAD (multigrain, 2 slices, toasted)

- + 2 slices Applegate Farms roasted turkey breast
- + 1 teaspoon Dijon mustard
- + 2 slices tomato
- + 1 slice romaine
- + 1 lettuce
- + Vidalia onion, thin slice

CANNELLINI BEANS ($\frac{1}{2}$ cup, white)

- + 1 cup arugula, chopped
- + $\frac{1}{4}$ cup grape tomatoes, sliced
- + $\frac{1}{4}$ cup cubed feta cheese
- + 1 tablespoon extra-virgin olive oil
- + 1 teaspoon red wine vinegar

BOSTON LETTUCE (3 cups chopped)

- + 3 ounces grilled chicken, sliced
- + $\frac{1}{4}$ cup blueberries
- + 2 tablespoons walnuts
- + 1 tablespoon olive oil
- + 1 teaspoon apple cider vinegar

MANNA ORGANICS SPROUTED BREAD (multigrain, 2 slices, toasted)

- + $\frac{1}{2}$ large avocado, mashed
- + 1 teaspoon lemon juice
- + 1 teaspoon olive oil
- + red pepper flakes

BLACK BEANS ($\frac{1}{2}$ cup)

- + $\frac{1}{4}$ cup cubed mango
- + 2 tablespoons chopped red bell pepper
- + $\frac{1}{4}$ cup frozen corn, defrosted
- + $\frac{1}{4}$ avocado, chopped
- + 1 tablespoon olive oil
- + 1 teaspoon lime juice

DINNER (choose 1)

GRILLED SALMON (4 ounces)

- + 1 cup string beans, roasted
- + $\frac{1}{2}$ cup cubed potatoes, roasted
- + freshly squeezed lemon

BAKED SWEET POTATO

- + $\frac{1}{4}$ cup black beans
- + $\frac{1}{2}$ cup baby spinach, wilted
- + $\frac{1}{4}$ cup tahini
- + freshly squeezed lemon

QUINOA

- (1 cup prepared)
- + $\frac{1}{3}$ cup garbanzo beans
- + $\frac{1}{4}$ cup chopped tomatoes
- + $\frac{1}{4}$ cup black olives
- + 2 tablespoons prepared pesto

BABY ARUGULA

- (3 cups)
- + $\frac{1}{2}$ orange, sectioned
- + $\frac{1}{2}$ avocado, chopped
- + 3 ounces chicken breast, sliced
- + 1 tablespoon olive oil
- + 1 teaspoon apple cider vinegar

WHOLE-WHEAT PASTA

- (1 cup cooked)
- + $\frac{1}{2}$ can sardines, flaked
- + 1 cup roasted cauliflower
- + red pepper flakes

SNACK (choose 1)

APPLE (1 medium)

- + 2 tablespoons natural almond butter

WONDERFUL PISTACHIOS LIGHTLY SALTED

(1 single serving)

MANGO

- ($\frac{1}{2}$ cup cubed)
- + chili powder and lime juice

FROZEN GRAPES

- ($\frac{1}{2}$ cup)
- + 1 Babybel cheese

GREEK YOGURT

- (1 5-ounce plain)
- + 1 teaspoon olive oil and za'atar

Take control of your health—while eating the foods you love!—by visiting our Health channel at EatThis.com/health.

LITTLE

Our Tough-to-Please Panelists
Sink Their Teeth into the Hottest
New Foods for Kids



BEN

SOPHIA

RENEE

MASON

Foodies

Interviews by
RAVEN SNOOK

Photographs by Grace Huang



ZOË



WILLIAM



PIPER



As mindful parents, we want our kids to consume healthy foods—foods that will help establish excellent lifelong eating habits. As stressed-out human beings, however, sometimes we just need our kids to eat something without complaint. But while that bag of Doritos may avoid a headache in the moment, it causes a bellyache in the long run. That's why the hunt for healthy-yet-flavorful kid snacks is a never-ending quest—especially during back-to-school season, when a return to routine can leave a bad taste in your mouth.

Eat This, Not That! rounded up 25 healthy, new-to-the-market, prepackaged snacks that we thought would be perfect for kids. But who cares what grown-ups think? To test our theories, we went to the experts: seven outspoken taste testers, ages 5 to 9.

WILLIAM LARETI, 9
MASON AND PIPER MERCIER, 9 and 5
RENEE AND SOPHIA GONZALEZ, 7 and 6
BEN HAMMOND, 6
ZOË PERRINE, 7

Which picks got a thumbs-ups? Let our experts speak:

Prepared Lunches



Revolution Foods Jet Pack On-the-Go Lunchbox

Turkey and Cheddar

260 calories
11 g fat,
5 g saturated
440 mg sodium
2 g fiber
13 g sugar

Popcorn Chicken

310 calories,
6 g fat,
0 g saturated
430 mg sodium
2 g fiber
14 g sugar

Cheese Pizza

250 calories
5.5 g fat,
2.5 g saturated
510 mg sodium
4.5 g fiber
12 g sugar

These bento-like boxes have far less sodium than their competitors, and zero health-harming trans fat.

Applegate Half Time Ham and Cheese Box

360 calories
16 g fat, 7 g saturated
730 mg sodium
2 g fiber
17 g sugar

The one-two punch of healthy fat and protein will keep your little one full and focused through afternoon classes.

Fruity Snacks



Matt's Munchies Banana Coconut

(1 package) 100 calories
2.5 g fat, 2 g saturated
10 mg sodium
2 g fiber
15 g sugar

Sweetened naturally by its main ingredient, banana puree, it's how fruit snacks should be done.



GoGo Squeeze, Boulder Berry

60 calories
0 g fat, 0 g saturated
15 mg sodium
2 g fiber
11 g sugar

Apple and a bounty of berries mask health-boosting carrot in this low-sugar, grab-and-go pouch.



"I did not like them! The flavor is really bad, I don't like how they smell, everything is gross."

Zoë, age 7, on KeenWah Puffs

Revolution Foods Jet Pack On-the-Go Lunchbox: Cheese Pizza

WILLIAM: It's a lot like Lunchables, but I'm not supposed to eat that stuff (even though I trade for it a lot at school). It was really yummy! The cheese pizza was cheesy but there wasn't any Cheez Whiz. I don't like fake cheese; you've gotta respect the cheese, man! When I eat, I don't care about the health; I care about the tongue.

Revolution Foods Jet Pack On-the-Go Lunchbox: Popcorn Chicken

PIPER: I don't like chicken nuggets so I ate the pretzels and the Twizzlers [which was actually a

CLIF Kid Zfruit organic fruit snack]. I really liked the Twizzlers! I take little bites and go chomp, chomp, chomp. It was better than the cafeteria food at school.

Beanitos Nacho Cheese

PIPER: They tasted like French fries, which was so good! It was like a chip-fry! I kept sticking my hand to the bottom to see if there were fries down there.

Mediterranean Snacks tapaz2go: Hummus and Lentil Crackers

WILLIAM: It was really good, not too spicy. It comes with a hummus packet and chips, which is a lot

more efficient than Sabra. I'll eat hummus if it's a choice even though I like to eat stuff like pretzels and bacon cheeseburgers, but we usually eat really healthy at home.

KeenWah Puffs

ZOË: I did not like them! The flavor is really bad, I don't like how they smell, everything is gross.

WILLIAM: Actually, I like it.

It's cheesy, what's not to like?

BEN: It's like crunchy, cheesy cereal!

Matt's Munchies Banana Coconut

WILLIAM: Oh my God, these are awesome! I want to eat the whole

Nutrition Bars



Peeled Snacks Much-Ado-About-Mango

(½ bag) 120 calories
0 g fat, 0 g saturated
0 mg sodium
2 g fiber
20 g sugar

Other brands dose their dried fruit with added sugar, this one glorifies naturally sweet mango by making it the only ingredient.



Happy Squeeze Twist Apple, Kale and Mango

60 calories
0 g fat, 0 g saturated
0 mg sodium
1 g fiber
11 g sugar

With apple and mango running the show, your kids will never know they're eating kale.



Go Raw Banana Bread Flax Bar

(1 small bar) 70 calories
3 g fat, 1 g saturated
0 mg sodium
2 g fiber
4 g sugar

Sweetened with fruits and dates, this bar takes a classic comfort food and supercharges it with nutrition.



Clif Kid ZBar Protein, Peanut Butter Chocolate

140 calories
4 g fat, 1.5 g saturated
95 mg sodium
22 g carbs
3 g fiber
8 g sugar

Clif Bar earns points for keeping sugar low and packing protein in.



Larabar Uber Mixed Roasted Nut

230 calories
17 g fat, 2.5 g saturated
125 mg sodium
3 g fiber
6 g sugar

With a solid nutritional profile, this snack bar earns a permanent place in the glove compartment.



box. The banana and coconut complicate [sic] each other. I asked where I could buy it 'cause I want my mom to get it for me.

GoGo Squeez Boulder Berry

(Everyone grabbed for these pouches)

MASON: I like this flavor better than any other GoGo Squeez flavor! Except maybe cherry.

WILLIAM: Why's it called Boulder Berry if it has carrots?

MASON: I don't know, but I don't taste the carrots, anyway.

BEN: I think it's kind of yucky, like sour pickles.

Peeled Snacks Much-Ado-About-Mango

PIPER: I like dry things and the mangos were dry. This was really tasty. My favorite way to have fruit!

Go Raw Banana Bread Flax Bar

MASON: I love bananas, it's my favorite fruit, but I don't like things that taste bananas, like banana flavoring. This was gross. It felt weird in my mouth, and I almost threw up and everybody was laughing so hard.

WILLIAM: I like it! It was like those banana squares I tasted

earlier [Matt's Munchies Banana Coconut]. I think I might be in the mood for bananas.

RENEE: It's good, it tastes like real banana. My sister liked it too. We shared it because that's more fun.

Happy Squeeze Twist Apple, Kale and Mango

RENEE: I would definitely eat it again! It had vegetables in it and I only like them a little, but they were good here. I thought it would be more like apple, but then it tasted more like mango.

Salty Snacks



Beanitos Nacho Cheese

(12 chips) 140 calories
7 g fat, 1 g saturated
140 mg sodium
6 g fiber
0 g sugar

Protein and a hefty dose of fiber sneak their way into these Doritos-like chips.



Mediterranean Snacks Tapaz 2 Go (Red Pepper Hummus and Lentil Chips)

240 calories
12 g fat, 2.5 g saturated
390 mg sodium
4 g fiber
6 g sugar
Fiber in the chickpeas helps little ones (and adults) feel fuller for longer.

Nuts



Jif Peanut Powder

(3 Tbsp) 70 calories
2 g fat, 0 g saturated
0 mg sodium
2 g fiber
1 g sugar
Boost protein without added sugar with this spoonable powder that can be added to cakes, cookies, and other baked goods.

Yogurt & Cheese



Chobani Grape and Strawberry (with Spiderman)

(grape) 100 calories
2 g fat, 1 g saturated
40 mg sodium
0 g fiber
10 g sugar

This flavored yogurt keeps sugar and protein close to a 1:1 ratio, which is key for keeping kids fueled and free of a sugar high.



Siggi's Blueberry Tubes

50 calories
1 g fat, 1 g saturated
30 mg sodium
0 g fiber
5 g sugar

The blueberry in these tubes comes from the fruit itself, and your kids will get enough protein to see them through gym class.



"These are awesome! I want to eat the whole box. The banana and coconut complicate each other!"

William, age 9, on Matt's Munchies

Happy Squeeze Twist Apple, Beet, Strawberry and Kiwi

Sophia: I didn't like my flavor. I only tasted the kiwi, and I don't like that. I ate it, but I wanted to spit it out. I wish I had the one my sister had.

JIF Peanut Powder

William: It was disgusting! It tasted like spinach—or maybe it was just as bad as spinach. You mix it with water and it's supposed to be like peanut butter, but it didn't taste like peanut butter. I kept stirring it again and again but, nada, zip, it didn't get better.

Clif Kid ZBar Protein Peanut Butter Chocolate

RENEE: I like chocolate and I like peanut butter a little bit, so mixed together I liked it. Sometimes my mom makes me chocolate and peanut butter sandwiches, and these were that good. I would have these for a snack anytime.

Chobani Greek Yogurt Grape and Strawberry (with Spider-Man)

BEN: I liked the strawberry yogurt except for the crunchy part in it. I would eat it if my mommy picked the crunchy chunks out

for me. I think Spider-Man would eat it because he's on the pouch, but I think the Joker should be on the package.

WILLIAM: It's good and creamy. I usually like to eat yogurt the old-fashioned way with a spoon, but I can deal with sucking it from a pouch.

ZOË: It tastes like medicine—grape-flavored medicine!

Siggi's Blueberry Tubes

ZOË: I liked the blueberry yogurt tubes. The flavor was really calm, and I liked how it tastes. I barely had one but it was really fulling



Horizon Organic Mozzarella String Cheese

(1 stick) 80 calories
6 g fat (3.5 g fat)
200 mg sodium
0 g fiber
0 g sugar

Peable and organic, Horizon gives your kids the green light to play with their food.



Chia Pod Vanilla Bean

(1 pod) 160 calories
11 g fat, 6 g saturated fat
20 mg sodium
6 g fiber
7 g fiber

Just as convenient as pudding, but with a fraction of the sugar and packed with healthy omega-3s.



Yoplait Plenti Spiced Apple

(1 container) 140 calories
1.5 g fat, 0 g saturated fat
50 mg sodium
1 g fiber
12 g sugar

Dairy products, like this just-sweet-enough yogurt, fortified with vitamin D, help the body absorb bone-protecting calcium.

Pastas



Mild Cheddar Macaroni & Cheese

(1 cup, prepared) 280 calories,
5 g fat, 2.5 g saturated fat
520 mg sodium
3 f fiber
5 g sugar

Made with organic and grass-fed dairy, this mac & cheese is the next best thing to homemade.



The Sneaky Chef Veggie Pasta

(2 oz dry) 200 calories
1 g fat, 0 g saturated fat
0 mg sodium
6 g fiber
2 g sugar

Whole grains and a plethora of veggie concentrates take center stage in this stealthy white pasta.



[sic]. It felt squishy and I love squishy foods.

Yoplait Plenti Spiced Apple

RENEE AND SOPHIA: (together) I didn't like it!

RENEE: There was a little piece of apple in it and I didn't like that, and the other stuff in it was yucky. I thought it would be more like applesauce. It was a little spicy, too.

Horizon Organic Mozzarella String Cheese

ZOË: I have string cheese a lot. I like the taste. I don't usually

pull it apart like other kids because it's better in bites. Only special kids like string cheese. BEN: I like string cheese, so this was yummy. I like healthy and unhealthy foods, because I like Oreos, too, but this was good and I'm glad it's healthy.

Chia Pod Vanilla Bean (yogurt alternative)

PIPER: It was dee-sgusting! The little beans were so bad. I liked them when I was a little girl, but now that I'm big I don't. I ate it, but then I had mango so I wouldn't have

to taste the beans anymore.

MASON: It's seriously gross.

ZOË: I actually think it tastes like Jell-O! It's squishy stuff. It felt weird but the flavor was good.

Wholly Guacamole Classic 100 Calorie Minis

MASON: It wasn't too spicy, it was just smooth, good guacamole. I ate it with a spoon; it was that good! And there was a lot of it, too.

Eat Well Embrace Life Hummus Black Bean

(Everyone grabbed for this)

Veggies



Bolthouse Farms Kids Veggie Snackers, Carrot Meets Ranch

(2.25 oz package) 25 calories
0 g fat, 0 g saturated fat
200 mg sodium
2 g fiber
4 g sugar

The Cool Ranch Dorito taste your kid craves, but with all the nutrition he needs—and none of the scary additives.



MorningStar Farms Garden Veggie Nuggets

(5 nuggets) 160 calories
10 g fat, 1 g saturated
340 mg sodium
6 g fiber
3 g sugar

These veggie-, quinoa- and bean-filled bites make a healthy swap for standard chicken nuggets.

Spreads



Wholly Guacamole Classic 100 Cal Minis

(1 mini cup) 100 calories
9 g fat, 1.5 g saturated fat
200 mg sodium
3 g fiber
0 g sugar

Pair veggie sticks with this far healthier, on-the-go ranch-dressing replacement.



Eat Well Embrace Life Hummus, Black Bean

(2 Tbsp) 40 calories
2 g fat, 0 g saturated fat
105 mg sodium
2 g fiber

Sneak flavor and satiating fiber and protein into lunchbox sandwiches with this bean-based spread.

Drinks



(16 fl oz) 0 calories
0 g fat
0 mg sodium
0 g protein

Hint is free of sweeteners and chemicals found in other tricked-out water beverages.



"It was dees-gusting. The little seeds were so bad. I liked them when I was a little girl, but now that I'm big I don't."

**Piper, age 5,
on Chia Pod**

MASON: (smelling it before tasting): If there's something suspicious, I always sniff it. So I was smelling it. But it's pretty good. It's not too spicy or I wouldn't have it.
RENEE: The only way I like carrots is to put them in hummus like this.

Hint Watermelon and Strawberry Kiwi Water

MASON: I like water. I drink it every day! But I don't think it's good with any flavors except chocolate. You put them both together and you lose what's good about water and

what's good about watermelon. If I was playing baseball and I was super thirsty, I wouldn't drink this, I would rather wait for water.

PIPER: It doesn't taste like anything! It just tastes like plain water. But I wouldn't have it over water.

Oatmega Bar: Brownie Crisp and Chocolate Mint Crisp

BEN: I like the smell and taste of mint. The mint one was yummy, but I didn't like the brownie flavor as much.

ZOË: Me neither. The flavor

combined wasn't really yummy. Also, outside it was squishy and inside it was hard. The mint flavor was better. I love mint! I eat mint in everything, even raw mint leaves.

Dr. Lucy's Lemon Goodness Cookies

ZOË: I loved them! I've never eaten a cookie I didn't like ever, but these were my second favorite cookies after M&M's/ chocolate chip cookies, which are the best. I like how soft it was. Even though these cookies are healthy, I still like them.

Healthy Desserts



KeenWah Puffs, Cheddar

(1 oz) 120 calories
5 g fat, 1 g saturated fat
190 mg sodium
1 g fiber
2 g sugar

KeenWah Puffs are free of scary neon dyes, low in sodium, and packing a respectable amount of protein for a processed snack.



Outshine Fruit & Veggie Bars, Apple Greens

60 calories
0 g fat, 0 g saturated fat
0 mg sodium
1 g fiber
13 g sugar

These frozen pops are light in calories and sugar and filled with a fair share of the day's vitamin C.



Oatmega Brownie Crisp

190 calories
7 g fat, 2 g saturated fat
120 mg sodium
7 g fiber
5 g sugar

The grass-fed whey protein and fiber keep kids satisfied while the chocolaty flavor tantalizes their taste buds.



Lucy's Lemon Goodness Gluten Free Cookies

(3 cookies) 120 calories
4.5 g fat, 1 g saturated fat
170 mg sodium
1 g fiber
9g sugar

Light on sugar but not taste, these zesty (and nut-free) cookies make a solid addition to any home-packed lunch.



Yasso SeaSalt Caramel Frozen Yogurt Candy Bars

(1 bar) 150 calories
8 g fat, 7 g saturated fat
45 mg sodium
1 g fiber
12 g sugar

Made with more Greek yogurt than sugar, this frozen treat is one you can feel good about giving your kid.

WHAT IS THE RIGHT BREAKFAST FOR YOU?

Is breakfast still the most important meal of the day—or can skipping a.m. calories help set you on the path to better health? Scientists are divided.

Here's how to tell whether a morning meal is right for you



THIS...

Remember when the only debate you had about breakfast was scrambled or over-easy?

Alas, those days have gone the way of Quisp and Dino Pebbles. And although there's certainly been some drama around the breakfast table over the years—the '80s cholesterol freakout and '90s low-fat craze are, thankfully, history—today, the most important meal of the day is now the most controversial.

Conventional wisdom has held that eating breakfast is not only essential for fueling up for the day but crucial for maintaining a healthy weight. Consuming the majority of calories at the beginning of the day just makes sense, as it gives you more time to burn them off. Skipping breakfast will turn you into a zombie, or at least stall out your metabolism. Right?

A series of recent studies say: Not necessarily. Last summer, *The New York Times* summarized scientific support for the value of breakfast as "surprisingly meager." An entire issue of the *American Journal of Nutrition* was devoted to the topic, and they didn't disagree. In a study conducted at the University of Alabama at Birmingham, researchers followed 300 volunteers who were trying to lose weight. They assigned them into three groups: Always eat breakfast, don't eat breakfast, and proceed with your usual routine. After 16 weeks, none of the groups lost significant weight, and any weight loss that did occur was unaffected by eating breakfast or not.

In another study at the University of Bath, researchers found that eating breakfast didn't change the participants' metabolic rate or the number of calories they consumed later in the day. And another group of researchers reviewed a wide

array of studies on the effect of eating breakfast on weight loss. They concluded that many of the studies were biased and unreliable because of the widespread feeling that breakfast must be good for us. "The belief of the proposed effect of breakfast on obesity exceeds the strength of clinical evidence," they harrumphed.

Some research goes a step further—it shows that skipping breakfast could actually be beneficial. Intermittent fasting is a hot trend in which dieters alternate between periods of eating and calorie restriction. The idea is that when you're fasting, the body burns fat instead of spending time processing food. In the most popular version of the practice, participants fast between 8pm and noon the next day. The idea is that extending the nighttime fast keeps the fat-burning going.

In a 2015 issue of *The FASEB Journal*, scientists reviewed six

studies on obese participants who practiced intermittent fasting at least one day a week. On average, they lost 2.6 percent of their body weight after one month, 6.4 percent after three months, and 8.4 percent after six months. All saw decreased levels of bad cholesterol and insulin.

Yet the research is far from definitive. Valter D. Longo, PhD, a professor in biological science at USC and director of the USC Longevity Institute, believes that eating only two meals a day, plus a snack, is the best and safest strategy for weight management. "So skipping breakfast can work," he says. "However, since breakfast is usually the smallest meal, skipping lunch or dinner works much better."

"There are always going to be contradictory studies, but I am pro-breakfast," says Toby Amidor, a nutrition expert and author of *The Greek Yogurt Cookbook*. She notes that the size of the University of Alabama study was small, and that there's evidence that eating breakfast is crucial for weight loss. Amidor cites statistics gathered by the National Weight Control Registry, which has collected 20 years of data on dieters who lost at least 30 pounds and kept it off for one year minimum. Seventy-eight percent of those dieters say they eat breakfast every day.

So what to do? We broke down the science and asked nutritionists for the ideal breakfast for each of us.

Will skipping breakfast really cause a dip?

OR THIS?



in metabolism?

*MEET JOE BLACK:
Is a morning cup of
coffee healthier than
eating a full breakfast?*

1 If you're a child:

EAT
BREAKFAST

The research: Research shows that children's brains require more glucose to fuel growth at night compared with adults; as a result, they wake up in a more depleted state than grown-ups. A meal in the morning restores the essential energy-producing sugar, for optimal cognitive functioning at school. A separate review of 45 studies found that kids who eat breakfast fare better when it comes to memory and attention span, especially in the second half of the morning when these skills tend to dip. And nutritionists are universally in favor of an a.m. meal for children: "Anecdotally speaking, the students I work with tend to perform better with breakfast," says Marisa Moore, MBA RDN LD, a registered dietitian nutritionist who practices in Atlanta.

The ideal meal: Compared with adults, kids need more protein, fiber, and calcium per pound of body weight. Amidor suggests **two, 6-inch whole-grain banana pancakes topped with 2 teaspoons of 100 percent maple syrup, with a glass of low-fat or fat-free milk.**

"There you have whole grains, fruit in the pancake, and dairy with calcium and protein. Plus, it's a kid-friendly meal!" she says.

2 If you're a teen or college student:

EAT
BREAKFAST

The research: The large-scale National Health and Nutrition Examination Survey found that teens who skip breakfast tend to have a higher body-mass index, bigger waists, and higher rates of obesity. A separate recent study examined the brain activity of 20 teens with an MRI machine while they performed tests. When the kids ate breakfast before the test, the machine showed higher activation in the frontal, pre-motor, and primary visual cortex areas compared with when they fasted.

The ideal meal: Protein becomes more essential as kids get older; less protein means a slower metabolism and risk of weight gain. Amidor suggests nonfat plain **Greek yogurt topped with fresh fruit.** "The Greek yogurt would provide a boost of protein and calcium, which they need more of at this stage of life," she says. Girls hitting puberty need more iron, which can be found in fortified breakfast cereals, oatmeal, and eggs.

3 If you're diabetic:

EAT
BREAKFAST

The research: The American Diabetes Association recommends that diabetics distribute their calories throughout the day in the form of four to five meals or snacks, including breakfast. The aim is to get most of your energy intake earlier in the day; therefore, the ADA recommends that "eating the largest meal of the day at breakfast and the smallest at dinner may help people with type 2 diabetes to better control their blood glucose."

The ideal meal: Aim for 400-500 calories with 7-10 grams of fiber. The ADA's suggestions include **a slice of whole-wheat toast topped with mashed avocado and a hard-boiled egg, ½ cup of cottage cheese mixed with a ½ cup of canned peaches, or a banana or apple with two tablespoons of peanut butter.**

If you do opt for breakfast, focus on whole grains, protein, and healthy fats.

4 If you exercise before lunch: MAYBE SKIP BREAKFAST

The research: The science is split. If you don't like to eat breakfast, you aren't going to sink your weight-loss goals if you skip. If you're concerned about your weight and need to eat in the a.m., aim for 350 to 400 calories with an emphasis on protein. "There is new research emerging on protein at breakfast and its effect on weight," says Angela Lemond, a registered dietitian in Texas. "Getting adequate protein at breakfast can help with overall satiety throughout the day." However, if you exercise early in the day, many experts recommend going without any calories until after your workout. The reason: Working out in a fasted state means you're burning stored calories—i.e., fat—rather than calories you've eaten already. A study from Northumbria University found that people burn up to 20 percent more body fat by exercising in the morning on an empty stomach.

The ideal meal: "You want a calorie-controlled breakfast that will keep you satisfied," says Amidor. "I suggest something with whole grains, lean protein and/or healthy fat." Her favorite breakfast is **eggs with shredded cheese and salsa**, knocking out three food groups in one plate. Another good option is **½ cup of quick oats topped with a shot-glass-sized portion of almonds**. Not okay: high-sugar cereals, doughnuts, bagels, and the like. Devoid of protein and fiber, foods like this set you up for a sugar crash, followed by more hunger and calories.

5 If you're happy with your weight: DON'T WORRY ABOUT BREAKFAST

The research: If you're an active adult who has a good weight and BMI, no studies show that you're automatically going to balloon if you don't eat breakfast.

The ideal meal: If you're going to eat up in the a.m., your morning meal should be around 350 to 400 calories, depending on your body composition. Satiety is the benchmark. Your goal is to prevent the 10:30 hangries from setting in, which often leave you grasping for whatever junk is at hand.

Lemond says the ideal breakfast should contain three components of the USDA's MyPlate: A good amount of protein (for adults, 20 to 30 grams), a quality carbohydrate, and a fruit or vegetable. She suggests **a cup of low-fat cottage cheese mixed with ½ cup of wild blueberries on a whole-grain English muffin; or two eggs, an ounce of shredded cheese with sauteed spinach on a whole-wheat tortilla, and side of mango**. Amy Shapiro, MS, RD, a licensed dietitian and nutritionist who practices in New York City, recommends that any carbs you eat for breakfast come from whole grains or vegetables and that protein always be part of the equation: A grab-and-go breakfast of oatmeal can be supplemented with nuts or two hardboiled eggs.

For the Best and Worst Weight-Loss Breakfasts, go to eatthis.com.



THE BOTTOM LINE

If you have trouble choking down anything but coffee in the a.m., stop feeling guilty: You aren't going to kill your metabolism if you skip. If intermittent fasting is the diet plan for you, go for it.

Conversely, if the idea of skipping breakfast makes you woozy, don't starve yourself under the guise of improving your health—you won't be.

Know that breakfast doesn't have to be a big deal. "You don't have to sit down and have a fully loaded breakfast every morning," says Amidor. "Even having whole-grain cereal and milk is great, because most people don't get enough whole grains, and the milk has nine essential vitamins and minerals and some protein." Shapiro always advises her clients to eat breakfast, telling them that it can be a piece of fruit, or even their morning latte, which is about a cup and a half of milk.

Despite all the contradictory science, the decision whether to eat breakfast boils down to how you feel before noon. "Though I'm keen on providing advice based on the science, there's very little that can convince me (personally) not to eat breakfast," says Marisa Moore, the Atlanta nutritionist. "It gives me the energy I need to start the day."

KICKOFF *the* Party

Part county fair, part barbecue festival, part open-air performance art, tailgates remind us that the term “fan” comes from the word “fanatic.” Eat This, Not That! shows you how to throw an epic party with great food, great friends, and great fun.

When I went to football games as a college student, tailgating looked like this: a small group of guys would drive to the parking lot, have a couple of beers each, cook a pack of sausages on a portable grill not much bigger than a three-ring binder, and toss the football a few times before going into the stadium. Sometimes, we'd bring dates, and they'd go out of their way to prep something nice (seven-layer bean dip!). It was low-key, but we loved it—because it was our school. It was what we knew.

Then I moved to the deep South to teach at a major university, and that's when I got my first

BY TED SPIKER





WINNING SCORE:
We've got a few tips
to help you tailgate in
style—without your
diet going sideways.

lesson: When it came to tailgating, I knew nothing.

I didn't know that entire towns stopped for the weekend. I didn't know that front yards would look like a horizontal and vehicular version of Jenga, with cars packed in at perfect angles by students who could earn a year's worth of utility payments from the parking fees. I didn't know that people gutted buses to turn them into party venues. I didn't know that women got gussied up with sundresses and heels and smiles wider than the goal posts. I didn't know they made RVs that big. And I didn't know that "the spread" was not just a gambling term, but the word to describe the massive amount of food that was prepared for every tailgate.

My first taste of wow-level tailgating came when a colleague invited me to his party—one that started in 1980. It attracted maybe 30 or 40 people regularly, and the menu revolved around a theme based on that week's opponent. If we were playing LSU, it was Cajun. Against a Southwest school, you brought Mexican food. If you played South Carolina (the Gamecocks), there would be chicken. Miami? Cuban food. And if we played a team from Mississippi or Tennessee, the theme was White Trash Week with Spam sandwiches and fried chicken feet.

The thing about tailgating, and why it's different from other kinds of parties, is that it combines equal parts camaraderie and anticipation. In most other gatherings, the party is the destination. But with pregaming, the party is the first of two stops, and it comes with a keg full of adrenaline—expectations when there should be wins, optimism when there might be losses.

"I love being a part of 70,000 people," says Joe Cahn, the self-named Commissioner of Tailgating who has traveled more than



GO LONG (AND LEAN):
Smart updates of
classic recipes will keep
you light on your feet.

TAILGATE Like a Pro

Joe Cahn claims to be the world's only professional tailgater—traveling almost 1 million miles in his Joe Mobile and attending more than 1,000 tailgates in hundreds of cities over the last two decades. We caught up with Cahn, the "Commissioner of Tailgating" who runs tailgating.com, in between trips.

What's the best meal you've ever had?

I was in Cleveland at a Browns game. Two gentlemen were bringing their two boys—maybe 5 and 6—to their first game. The fathers had a little hibachi grill. One of the fathers said, "I wish I knew you were stopping by, I would have cooked another brat." I said that's okay, and there was a tug on my pants and one of the boys had a peanut butter and jelly sandwich, and he said, "You can have half of mine." It's the best meal I ever had. That's what it's all about.

Your favorite food and drink?

Whatever somebody offers. I like the simple things—a good brat.

Favorite team?

Wherever I am. For colleges, my favorites right now are the military academies, because they get it—it's a game.

Craziest food you've ever tried?

I think I've seen it all. Strangest thing I ever had was at a Penn State game. Scrapple with Hershey's chocolate on top. Disgusting, but I ate it. I've also had a Krispy Kreme doughnut as a hamburger bun.

What's the definition of a tailgater?

The tailgater accepts a food when it's offered, eats it, and then asks, "What was that?" The non-tailgater asks before he eats it, "What is it?"

GEAR UP

You wouldn't let your football team out on the field without pads, and you shouldn't let your tailgate team out onto the lot without proper equipment either. Luke Lorick, founder of tailgating-challenge.com, helped put together a primo party-gear list.

Grill Wrangler ①

This all-in-one tool is a spatula, tongs, and a fork, adept at handling all kinds of grilling meats at once. www.quirky.com

Great Plate ②

A plate that has a cup holder in the middle of the plate. www.greatplate.net

Patina Fire Pit

One with your school logo on the side. www.factorydirect2you.com

Ion Speaker ③

Portable speaker that will play your music from a phone, tablet, or other device. The battery lasts 50 hours, which would be one heck of a tailgate. www.ionaudio.com

Ultimate Cup ④

A traditional Solo cup, but flip it over and there's a shot "glass" built into the bottom. www.ultimaticup.com

Tailgate TV Stand

Allows you to mount your TV to your trailer hitch and maneuver it around in any direction. www.tailgatetvstand.com

KettlePizza Grill ⑤

Who needs hot dogs when you can cook wood-fired

pizza at your party? www.kettlepizza.com

Coolest Cooler

A cooler that includes a USB charger, Bluetooth, built-in bottle opener, and a blender that's powered by a 20v lithium battery. www.coolest.com

Tailgator Glove ⑥

For cold-climate tailgates. This glove keeps your hands warm, but has a pocket in the palm to slip your cup or bottle in it—to keep it cold and prevent it from slipping. thetailgatorglove.com

Ryobi Generator

⑦ Lightweight, portable and quiet, this 2,200-watt generator can handle your TV, music, and phone recharging needs. www.ryobitools.com

Canopy Tent

And if you're going to have one, you might as well have one with your school name. www.bowlbound.com

LED Beer Pong Tables ⑧

A pong table with infinity mirrors as the tabletop and lights underneath that give it a wild, nightclub look. www.ledbeerpong-tables.com



1 million miles to tailgate. "It's a hallelujah event."

A friend who grew up in Oxford, Mississippi, where Ole Miss plays (and where it smells like fried food and whiskey on game day and where tents are adorned with chandeliers), explains the ethos of the tailgate best: "It's a place to mingle with total strangers who will eventually become lifelong friends," he says.

Of course, you can do whatever you want to meet your hunger and thirst desires before a game. But if you want to do it right—to immerse yourself fully in the pageantry of the portable party—then follow the six major principles for tailgating with style. Go [your team here]!

TAILGATING TENET 1

ESTABLISH YOUR SIGNATURE

Tailgate gatherings are like fingerprints. At first glance, they all sort of look the same, but the differences are in the details. What makes your party unlike any others? Are you serving something unique (grilling a gator tail or roasting a pig)? Or maybe you're going to contribute a rare and coveted dish, like fresh guacamole. (My recipe: avocados, red onions, tomatoes, diced jalapenos, cilantro, squirt of lime, and a scoop of sour cream.) Or perhaps you have a unique take on tailgate décor. My friend Jeannie, who has a mixed marriage between the University of Florida and Florida State University, helps host a tailgate with a signature prop: a stripper pole. "When our tailgating founders were single dudes in their twenties, some attractive lady-fan on the opposing team jumping up there to embarrass herself was fun," she says. "But now that we're all married with children, the most



THE BEST LIGHT BEERS IN AMERICA

Some phrases just make you cringe. Dentist appointment. Tofu steak. Light beer.

But there's no reason to water down your tailgate fun just to save 50 calories. To spare you a horrible flashback to the sticky fraternity floors of your youth, we challenged ourselves to find the best-tasting light beer out there.

To satiate our curiosity—and our thirst—we gave our testers a series of qualities by which to rank their beers: overall taste, taste strength, carbonation, bitterness, sweetness, and aftertaste. It was up to our testers to decide whether the strength of the taste and its bitterness or sweetness was good or bad for each beer—and they certainly let us know. Our drinkers had no idea which beers were being tested, and all of them tried the beers in a different order to avoid palate fatigue or, you know, a buzz skewing the results. In the end, we found—by a pretty wide margin—the best light beer in America.

Sam Adams Light (6.5/10)

Pulling significantly ahead of all of the other contenders, Sam Adams Light was lauded for its discernable nutty flavor and relatively full body. One tester even noted that it "tasted like something I might find in a nice beer garden."

Bud Light Lime (5.9/10)

In a twist that surprised us all, Bud Light Lime performed remarkably well—despite its polarizing taste. Drinkers agreed that this was the beer that could most seamlessly transition between barbecue and beach.

Bud Ice (5.1/10)

Though Bud Ice stole third place, its bronze medal comes lightly tarnished. One taster summed up the collective opinion best, saying, "It'll work in a pinch."

Bud Light Platinum (4.9/10)

Despite just missing the third place title, the Platinum version of Bud Light received slightly more favorable feedback than its chilly cousin, Ice. "If it were a hot day and I just came in from mowing the lawn, I would reach for this," one person commented.

Bud Light (4.8/10)

One of the biggest problems our testers had with their array of light beers was the aftertaste. Beer after beer got knocked for overstaying its welcome. Classic Bud Light, however, scored a couple solid 9s and 8s out of 10 for its uniquely mild aftertaste.

Keystone Light (4.3/10)

Keystone scores a solid "C"—probably as a tribute to its connection to all of our college days. And, much like those late nights playing beer pong, this is one contender you'll "never remember."

Corona Light (4.2/10)

Although we couldn't serve samples with the iconic wedge of lime, our testers found the carbonation of this beer pleasant enough to pull it into the middle of the pack, despite concerns about its lingering aftertaste.

Miller Lite (4.1/10)

Tasters had a hard time discerning this beer from Amstel and Coors, but its aftertaste, which our drinkers found better than that of either of the other two brands, solidified its eighth place ranking.

Classic Baby Back Ribs

In 2004, Advertising Age placed the “Baby Back Ribs” jingle from Chili’s restaurant at the top of the list of the “10 songs most likely to get stuck in your head.” The rib business exploded, and thousands of American waistlines followed suit, taking in 2,170 calories per rack. Ribs by their very nature are fatty, which is why we crave them, but there are two effective ways to tame the caloric intake: Cut back on the gloppy, candy-sweet sauce and dish out the final product in reasonable portions. We’ve done both here.

YOU'LL NEED

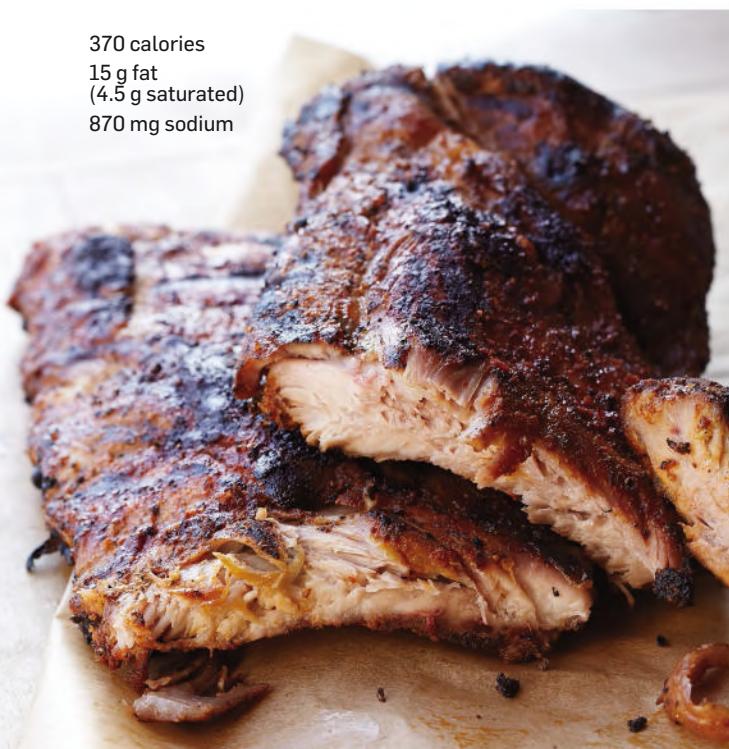
2 small racks baby back ribs
 ¼ cup All-Purpose BBQ Rub
 (page 117)

2 cups mesquite or hickory wood chips, soaked in warm water for 30 minutes
 Classic Barbecue Sauce
 (page 117)

HOW TO MAKE IT

- Preheat the oven to 250°F. Remove the thin membrane from the back of each rack of ribs (if not already removed by the butcher). Rub the ribs all over with the spice rub. Place in a large baking dish, cover tightly with aluminum foil, and bake for about 90 minutes, until the meat is tender and just beginning to pull away from the bone.
- Preheat a grill over medium heat. Place the wood chips in a wood-chip box and place the box directly over the flame. (If using charcoal, add the chips directly to the hot coals.) Brush the ribs with barbecue sauce and place on the grill. Cook, basting ribs continuously with the sauce, for 15 to 20 minutes, until a crust forms on the surface. **MAKES 6 SERVINGS**

370 calories
 15 g fat
 (4.5 g saturated)
 870 mg sodium



Santa Maria Tri-Tip with Pico de Gallo

Tri-tip is an inexpensive and intensely beefy cut, and if cooked correctly and sliced across the natural grain of the meat, it can be perfectly tender and juicy too. Tri-tips were originally available mostly on the West Coast, but supermarkets and butchers around the country are recognizing their awesomeness. This recipe is a specialty of Santa Maria, a farming town in central California with a long history of putting out soulful hunks of garlicky tri-tips.

YOU'LL NEED

1 tri-tip steak (about 1½ lb)
 1 Tbsp garlic powder
 Salt and black pepper to taste

Mesquite or oak chips soaked in warm water for 30 minutes (optional)
 Pico de Gallo (page 117)
 Cowboy Beans (page 117)

HOW TO MAKE IT

- Rub the tri-tip with the garlic, plus plenty of salt and pepper, using your fingers to gently press the spices into the meat. Let stand for 30 minutes at room temperature.
- Preheat a grill over medium-low heat. If using the wood chips, place them in a wood-chip box and place the box directly on the fire just before you start grilling. (If using charcoal, you can add the chips directly to the hot coals.) Grill the tri-tip, turning occasionally, for 20 to 25 minutes, until firm but yielding and a thermometer inserted into the thickest part of the meat registers 135°F. Rest for at least 10 minutes before slicing against the natural grain of the meat. Serve with the Pico de Gallo and Cowboy Beans.

entertaining thing that happens on the wooden platform is kids dancing on it like they're the Wiggles. And hey, it's a conversation-starter." Which, really, is the ultimate goal of any tailgate—welcoming people in, sharing what you have, meeting fellow fans with a common goal, connecting. True satisfaction comes from establishing your traditions, your home base, your party.

TAILGATING TENET 2

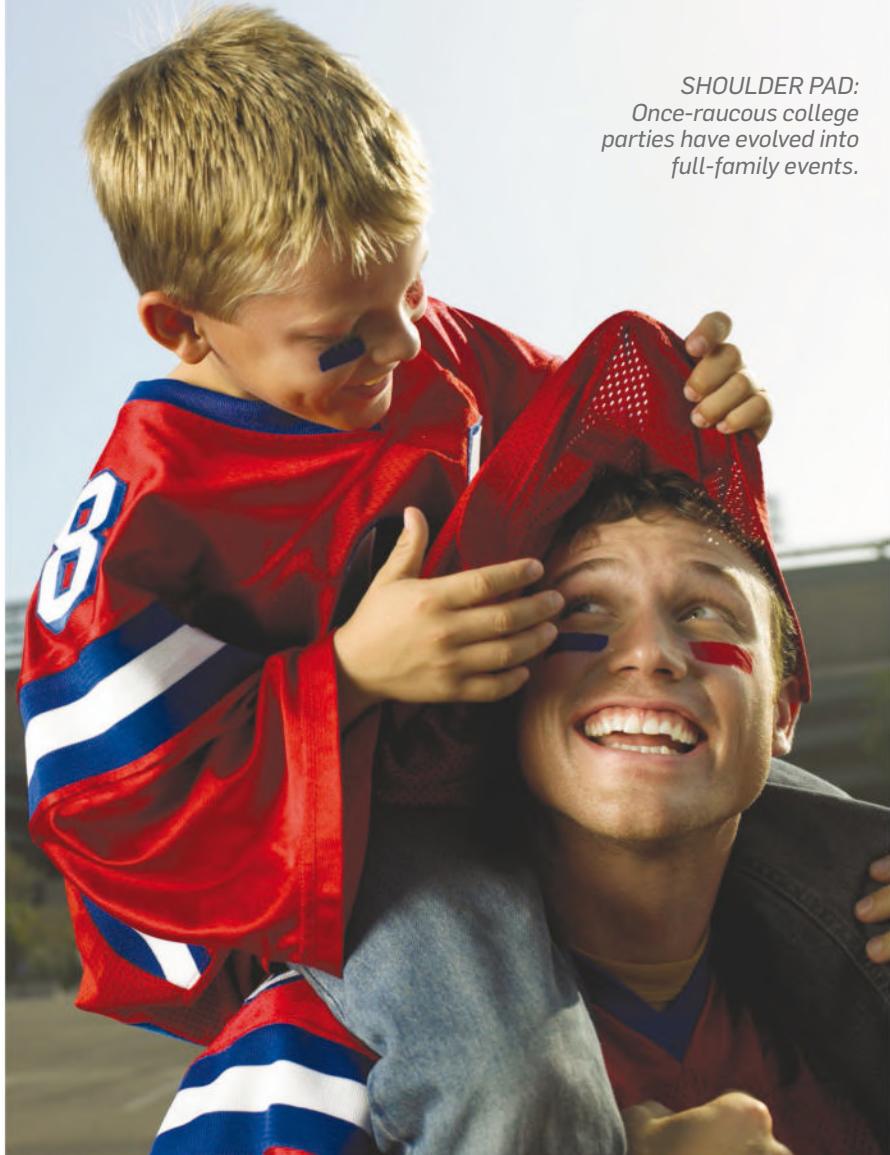
KEEP TWO STASHES

The no-doors setting of a tailgate lends itself to a social unpredictability that gives every party a sense of randomness. "Quality tailgates do (and should) attract strangers in search of revelry. That's great, until they eat your steak and, worse, drink your best liquor," says a well-traveled tailgater, John, who has partied at several SEC schools. His secret: "Have a cheap source of alcohol easily accessible, while keeping the good stuff out of sight. Everybody wins."

TAILGATING TENET 3

ASSIGN ROLES

"At any great tailgate, you'll see The Chef," one former student explained to me. "That's the guy who, wearing an apron inscribed with a cliché, insists on sweating over the grill for five hours as he tends to the brats and burgers. All this hero wants is a cold drink and everyone's constant praise. Give them to him." In higher-end scenarios, you may also want your own DJ. One veteran tailgater—my friend, Jennifer, who has spent more than a dozen years hosting elaborate tailgates at Florida State and UF, suggests befriending a young DJ and paying him or her a few bucks to be



SHOULDER PAD:

Once-raucous college parties have evolved into full-family events.

THE BRAT PACK

Fact is, most tailgates aren't diet zones, but that doesn't mean you can't make smart choices—especially if you're in charge of the menu. Hot dogs and bratwurst are musts, but you can keep calories well below 300 per sandwich without sacrificing authentic tailgating flavor. (Nutritional data for one link.)



Applegate
Natural Uncured
Beef Hot Dog

70 calories
6 g fat

Al Fresco
Chipotle Chorizo
Chicken Sausage

140 calories
7 g fat

Wegmans
German
Bratwurst

210 calories
16 grams of fat

Johnsonville
Beef Brats

260 calories
21 grams of fat

Kimchi Dogs

Once upon a time, on the corner of Ludlow and Stanton on New York's Lower East Side, a young cook named Sam would spend every weekend night cooking a full menu of classic street food. Sam's claim to fame? Every item could be topped with kimchi, spicy pickled cabbage that is the cornerstone of Korean cuisine and serves as a perfect foil to burgers and hot dogs (think sauerkraut). A decade later, North American streets are flooded with food trucks and sidewalk vendors doing the same, but we'll always remember Sam as the guy who pioneered this funky combination.

YOU'LL NEED

4 cups thinly sliced Napa cabbage
Juice of 1 lime
1 Tbsp olive oil mayonnaise
1 Tbsp toasted sesame seeds
½ Tbsp sesame oil

Salt and black pepper to taste
4 all-beef hot dogs (we like Applegate Super Natural Uncured Beef Hot Dog)
4 potato hot dog buns, lightly toasted
½ small onion, minced
½ cup kimchi

HOW TO MAKE IT

- Preheat a grill or grill pan over medium heat. In a large mixing bowl, combine the cabbage, lime juice, mayonnaise, sesame seeds, sesame oil, and salt and pepper. Toss until the cabbage is evenly coated.
- Grill the hot dogs, turning, for about 10 minutes, until the skin is lightly charred. Place in the buns and top each with minced onion, kimchi, and the cabbage mixture. **MAKES 4 SERVINGS**

Find kimchi in the international section of large supermarkets, in Asian grocery stores, or online at [AsianFoodGrocer.com](#).

For our Kimchi Secret Weapon, go to page 114

260 calories
9 g fat (2.5 g saturated)
830 mg sodium



Italian Sausage Sandwiches

Ground chicken and turkey make for heroic sausage, capable of capturing all of the rich flavors of pork sausage for about half the calories. They've become an indispensable part of our grilling pantry. Sausage and peppers is a classic pairing that can never be wrong, whether eaten alone, slathered with spicy mustard, or covered in tomato sauce and a thin layer of bubbling cheese.

YOU'LL NEED

4 Italian-style chicken or turkey sausages*
1 large green bell pepper, stemmed, seeded, and quartered
1 yellow onion, sliced into ¼-inch-thick rings and skewered with toothpicks
4 sesame seed hoagie rolls, split
½ cup Tomato Sauce (page 116) or store-bought marinara sauce, heated
¾ cup shredded Provolone or mozzarella cheese

HOW TO MAKE IT

- Preheat a grill or grill pan over medium heat. When hot, place the sausages, peppers, and onions on the grill. Cook the sausages, turning, for about 12 minutes, until lightly charred and crispy on the outside and cooked all the way through. Cook the onions and peppers for about 5 minutes per side, until soft and caramelized.
- Preheat the broiler. Chop the onion rings in half and slice the peppers. Place each sausage inside a hoagie roll and top with onions and peppers. Spoon on enough marinara to cover and top with the cheese. Place the hoagies under the broiler and cook for about 3 minutes, until the cheese is fully melted and the top of the rolls are lightly toasted. **MAKES 4 SERVINGS**

**Pork sausages can be substituted, but they'll add about 120 calories.*



in charge of the tunes. "You need to have music—not so loud that you're annoying our fellow tailgater," she says, "but loud enough to drown out the Taylor Swift that's emanating from the sorority house across the street."

TAILGATING TENET 4

PLAY

There's only so much eating, drinking, yapping, and sitting one can do in the six hours before a game. You must divert attention and create alternative forms of entertainment, whether it's with beer pong, cornhole, or touch football with the kids from the neighboring canopy. Tip: Carry some cash in case you're challenged to cornhole from some ding-dong from another school. Pride will be on the line, but soon, so will 20 bucks.

TAILGATING TENET 5

GO BIG

"All tailgates have drinks, food, and music, but this is the same as saying that all TVs have a screen and a remote," says Andy, a friend who has tailgated at football games, soccer matches, NASCAR races, baseball games, and horse races. So no matter what you do, there has to be some element of "extremes." Not just beer, but beer funnels. Not just food, but homemade cakes decorated with a team helmet. Not just a bunch of people standing around a car, but a strategic space—with tables, chairs, a baby pool, grills. "You basically want people walking by to either join in or be jealous of your tailgate," says Andy, who graduated from a Mid-Atlantic university and once filled a bucket with gin, Sprite, and a fruit concoction and served it to people with a turkey baster.



TAILGATING TENET 6

PACK RAIN GEAR. THERE ARE NO EXCUSES

If you're loyal, you tailgate in all conditions—extreme heat, extreme cold, heavy rain, heavy winds. You don't stop because your grill is having trouble fighting the forces of precipitation. You don't stop because it would be more comfortable to watch at home. And you don't stop because sometimes, when it comes to tailgating, the game is more than a game. "About 12 years ago, we took my then-75-year-old mother to see her alma mater Ohio University Bobcats

VICTORY CHEER:
Make your tailgate a winner, regardless of the score.

play the Gators with a tropical storm just off the coast," says my University of Florida colleague Steve Orlando. "We tailgated with a little gas hibachi to cook sausages and burgers, jumping in and out of the car to avoid torrential downpours and lightning. But Mom was too excited to see 'her boys' on the field for us to throw in the towel, so we soldiered on atop soaked camp chairs in ponchos eating soggy buns and chips. The game was delayed several times for lightning and we called it a day after the first quarter, but mom was thrilled to see her team play for the first time in over 50 years." And what's a few soggy buns compared to that?

Grilled Meatballs with Smoky Tomato Sauce

This dish keeps the essential deliciousness of meatballs and red sauce but ditches about 80 percent of the calories.

YOU'LL NEED

Meatballs

**½ lb ground sirloin
½ lb ground pork
¼ cup bread crumbs
¼ onion, minced
¼ cup grated Parmesan
1 egg, beaten
1 clove garlic, minced
½ tsp fennel seeds
½ tsp salt**

HOW TO MAKE IT

- Preheat grill to medium heat. Combine meatball ingredients in a large mixing bowl. Gently roll into golf ball-sized orbs.
 - To make the tomato sauce, drizzle the tomatoes and onion with enough olive oil to lightly coat. Place on one side of the grill and cook for about 10 minutes, until the tomato skins begin to blister. Peel off the tomato skins and puree the rest in a blender with the onion, garlic, 1 tablespoon olive oil, and salt and pepper.
 - While the tomatoes and onions are grilling, place the meatballs on the other side of the grill and cook on all sides for 8 to 10 minutes, until they are charred and firm to the touch.
 - Serve the meatballs with the tomato sauce and slices of grilled bread, if you like.
- MAKES 4 SERVINGS**

For our *Grilled Meatballs Meal Multiplier*, go to page 115

Smoky Tomato Sauce

**1 lb Roma tomatoes, tops removed, halved
1 small onion, sliced
Olive oil
1 clove garlic, minced (or 2 cloves Grilled Garlic, page 117)
Salt and black pepper to taste**



Pork Hoagies with Broccoli Rabe

This sandwich is inspired by the roast pork sandwiches of Philadelphia, and is vastly superior and considerably healthier than cheesesteak.

YOU'LL NEED

4 cloves garlic, minced	1 bunch broccoli rabe, bottom half of stems removed
1 tsp chopped fresh rosemary	½ tsp red pepper flakes
1 tsp fennel seeds, roughly chopped	½ cup jarred roasted red peppers
3 Tbsp olive oil	4 slices sharp provolone
1 lb pork tenderloin	4 seeded hoagie rolls
Salt and black pepper to taste	

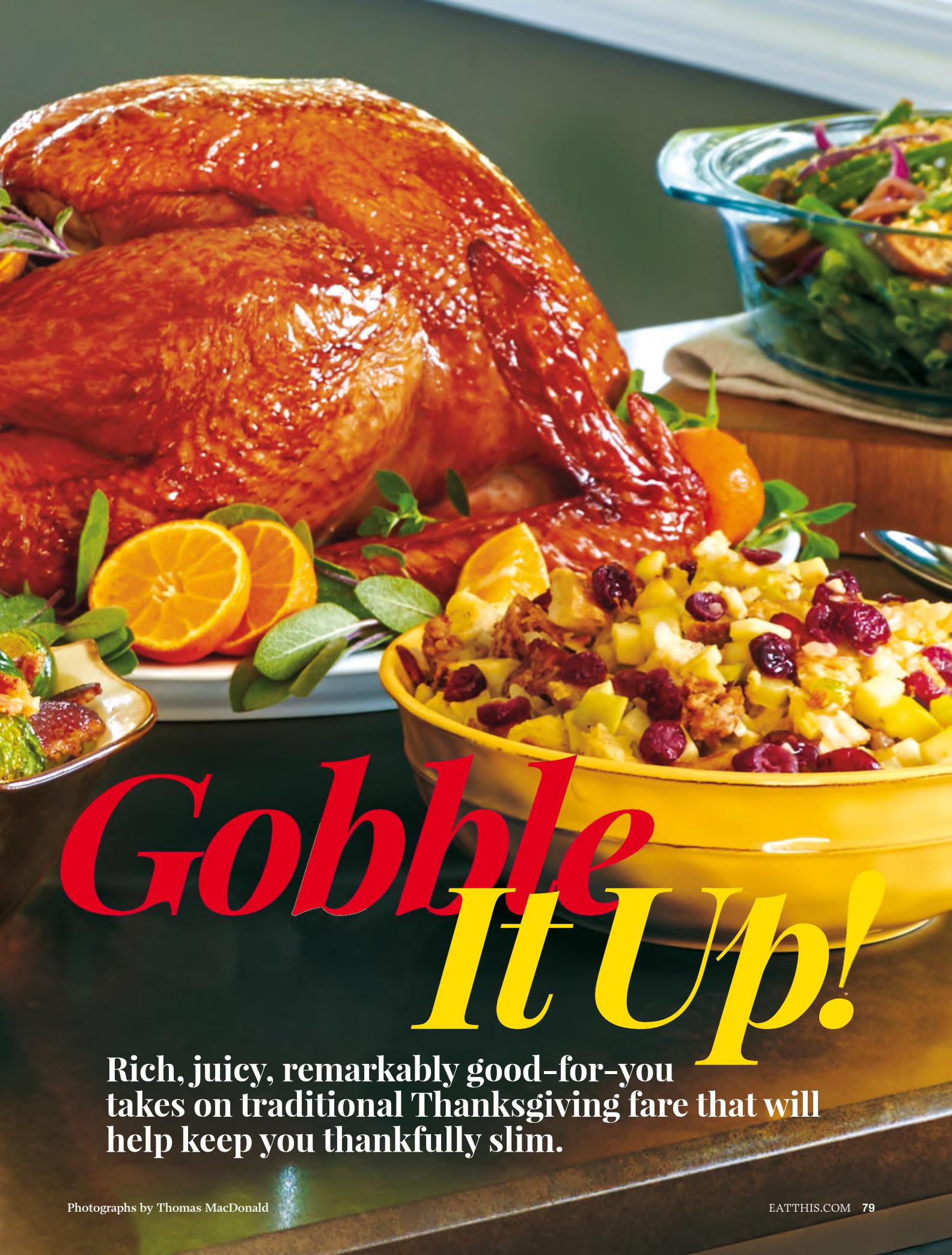
HOW TO MAKE IT

- Combine half of the garlic, the rosemary, and fennel seeds in a bowl with 2 tablespoons of the olive oil. Season the pork all over with salt and pepper and combine in a sealable plastic bag with the rosemary mixture. Refrigerate for at least 1 hour.
 - Bring a pot of salted water to a boil. Add the broccoli rabe and cook for about 7 minutes, until just tender. Drain. Heat the remaining 1 tablespoon olive oil in a large sauté pan. Add the remaining garlic and the red pepper flakes and sauté for 2 minutes. Add the broccoli rabe and cook for 3 minutes, until very tender. Season with salt and pepper.
 - Preheat a grill over medium-high heat. Remove the pork from the bag and grill, turning occasionally, for about 12 minutes, until the surface is lightly charred and firm but gently yielding to the touch, and an instant-read thermometer inserted into the thickest part of the meat registers 150°F. Rest the pork for 5 minutes before slicing into thin rounds.
 - Divide the pork, broccoli rabe, peppers, and provolone among the hoagie rolls. Place the sandwiches on the grill and cook for about 2 minutes per side, until the bread is lightly toasted.
- MAKES 4 SERVINGS**



**350 calories
21 g fat (7 g saturated)
540 mg sodium**





Gobble It Up!

Rich, juicy, remarkably good-for-you takes on traditional Thanksgiving fare that will help keep you thankfully slim.

Our

pilgrim forefathers may have

been Puritans, but the Thanksgiving traditions they left for us are anything but pure. Thanksgiving is more like a celebration of debauchery, drowned in gravy and covered in marshmallows. In fact, between your standard breakfast and the liberal ladles of lard for dessert, this holiday can cost you as much as 4,000 calories, says Lisa Moskovitz, RD, founder of the New York Nutrition Group.

So this year, we propose a more reasonable feast: recipes that capture all of the flavors of the season but will keep you quick on your feet, whether you're tossing the football in the backyard or braving the midnight Black Friday crowds.

Still, we were curious: Why do we get our glutton on during Thanksgiving? We asked Moskovitz and fellow nutritionist Leah Kaufman, RD, to explain exactly what happens to our brains, and our bodies, when we chow down on a huge holiday feast.

Anticipation

"The second you walk into the kitchen and get a whiff of the turkey and other holiday fare, gastric fluids and other enzymes secrete inside the stomach, priming the digestive system for the meal ahead," explains Kaufman.

Sneaking a Taste

"Once you start chewing the first bite of food, the stomach begins to expand because it knows more food is on the way that will need

to be digested," says Kaufman. "Insulin, the hormone that helps glucose move from the blood into the cells, is released when sugar enters the bloodstream."

Into the Feast

"Once you start digging into dishes like mashed potatoes and stuffing, your body releases serotonin, the feel-good hormone," explains Kaufman. "That activates the reward system in the brain, which tells you, 'This tastes awesome, I'd like some more.' This explains why it's so hard to say no to Turkey Day seconds."

Seconds, Please!

At about the 20-minute mark, sensory nerves in the stomach activate the satiety centers of the brain, telling you you've eaten enough. "However, those signals are easy to ignore if others around you are still munching away or the spread looks particularly appealing," says Kaufman.

Forks Down!

After your last bite of pie, "the stomach secretes enzymes that

help break down your meal into smaller pieces," explains Moskovitz. "But fatty foods like Grandma's buttery mashed potatoes stick around in the stomach because they aren't able to break down as quickly, causing that uncomfortable, bloated feeling."

Getting Sleepy...

About 30 minutes after your meal, that blissful dozy feeling starts to set in. The fatigue is most likely a result of your stuffed stomach. "Blood rushes out of the extremities into the abdomen to assist with the digestion process which causes fatigue," explains Moskovitz.

Ready to Roll

About two hours after your meal, your liver starts to break up your dinner into nutrients that your body can absorb and use to stay healthy. "At this point your body will also begin to use the food you've eaten for energy. Anything you don't burn off later tonight will be stored as fat," adds Moskovitz. Now is a great time for a long family walk.



Holiday Turkey with Apples, Oranges and Sage

For the last decade or so, brining has been the go-to method of prepping a turkey for roasting. Unfortunately, most brines—whether homemade or commercially bought—are loaded with two nasty white crystals: salt and refined sugar. That's why we love this recipe. Call it a "lightification" of the now-familiar turkey brining solution, using primarily apple juice with just a bit of honey and a modest amount of salt.

YOU'LL NEED

For the brine

6 cups apple juice	8-10 whole dried allspice
1 cup apple cider	8-10 whole cloves
8 cups water	1 tsp whole coriander seeds
4 Tbsp kosher salt	½ whole nutmeg, grated
4 Tbsp honey	2 cinnamon sticks
2 navel oranges, quartered	2 springs fresh sage
2 whole star anise	4-5 slices fresh ginger
8-10 whole dried juniper berries	

HOW TO MAKE IT

- In a large stockpot, combine all the ingredients for the brine and bring to a boil. Reduce heat and simmer for 5-10 minutes. Remove from heat and allow brine to return to room temperature.
- Place turkey in brine and refrigerate for about 1 hour per pound. (You can add the turkey right to the stockpot, or put both into a large plastic bag or container.) Remove turkey from brine and rinse well under cold water; pat dry.
- Preheat oven to 325 F.
- Stuff turkey with quartered apples, oranges, sage, cinnamon, and cloves. Tie legs together. Place turkey breast side up on the rack of a roasting pan. Tent loosely with foil and roast for about 20 minutes per pound, or until a thermometer inserted into the thickest part of the thigh registers 180 F. Remove foil for last hour of roasting.
- When turkey is finished, remove from oven, place foil tent back over bird and let rest 20-30 minutes before carving.

*This recipe is courtesy of Sonia Lacasse, the French Canadian Paleo enthusiast who operates the popular blog TheHealthyFoodie.com and is also the author of a new cookbook, *Paleo Home Cooking*.*

10 Holiday Brunch Foods that Prevent Overeating

Many of us, faced with the prospect of an oncoming rush of gluttony, decide to make up for it by skimping on food in the early part of the day. But that may be exactly the wrong tack to take, says Lauren Minchen, MPH, RDN, CDN, a registered dietitian based in New York. "When you arrive at the table extremely hungry, it's easy to eat too much before your brain has a chance to recognize how much food your body actually needs." Instead of starving yourself, you may actually consume fewer calories on Turkey Day if you pre-game with one of these foods:

1 Oatmeal

"Oatmeal also contains some protein that, when combined with flax seeds or walnuts, will provide the full spectrum of essential amino acids that are required for adequate protein intake and satiety," says Minchen.

2 Peanut Butter

Adding the protein and fiber-filled spread to your breakfast can help

Sweet & Sour Butternut Squash

YOU'LL NEED

¼ cup red wine vinegar
2 Tbsp honey
2 cloves garlic, minced
1 tsp chopped fresh rosemary
Pinch red pepper flakes
1 medium butternut squash, peeled and cut into $\frac{1}{3}$ -inch-thick slices

Olive oil for coating the squash
Salt and black pepper to taste

HOW TO MAKE IT

- Preheat a grill or grill pan over medium heat. Bring the vinegar, honey, garlic, rosemary, and red pepper flakes to a simmer in a small saucepan. Simmer for 5 minutes, until the mixture is thick and syrupy.
- Toss the squash with enough olive oil to coat and season with salt and black pepper. Grill the squash, turning, for 12 to 15 minutes, until lightly browned on both sides and soft and tender throughout. Toss with the vinegar-honey syrup.

MAKES 4 TO 6 SERVINGS

Per Serving:
140 calories
3 g fat (0.5 g saturated)
210 mg sodium

Roasted Garlic Mashed Potatoes

YOU'LL NEED

2 lb Yukon gold potatoes, peeled and quartered
Salt to taste
1 cup 2% milk
Roasted Garlic (page 117)
2 Tbsp butter
Black pepper to taste
Chopped fresh chives or minced rosemary (optional)

HOW TO MAKE IT

- Fill a large saucepan with water and add the potatoes. Season with a few pinches of salt and bring to a boil. Cook for about 20 minutes, until the potatoes are just tender. Drain.
- While the potatoes cook, combine the milk and garlic in a small saucepan and bring to a simmer. Use a fork or a potato masher to mash the garlic into the milk. Keep warm until the potatoes are cooked.
- If you have a potato ricer, rice the drained potatoes into a large bowl. If not, mash them with a potato masher or the largest forks you can find. Add the butter to the potatoes and continue mashing. Next, stir in the milk, one large spoonful at a time, using a wooden spoon to help whip the liquid into the potatoes (this will create a smoother, more stable emulsion).
- Season with salt and black pepper and stir in any herbs you may be using.

MAKES 6 SERVINGS

Per Serving:
170 calories
5 g fat (3 g saturated)
270 mg sodium



Brussels and Bacon

YOU'LL NEED

4 strips bacon, chopped into small pieces
2 cloves garlic, peeled
1 tsp red pepper flakes
1 lb Brussels sprouts, bottoms trimmed, cut in half
Salt and black pepper to taste
2 Tbsp sliced almonds

HOW TO MAKE IT

- Heat a large skillet or sauté pan over medium heat. Add the bacon and cook until crispy, about 5 minutes. Remove to a plate lined with paper towels. Discard all but 1 tablespoon of the rendered bacon fat.
- Add the garlic, pepper flakes, Brussels sprouts, and a pinch of salt to the skillet. Sauté until the sprouts are lightly browned on the outside and tender—but still firm—throughout, 10 to 12 minutes. Add the almonds and sauté for another minute or two. Season with salt and pepper.

MAKES 4 SERVINGS

Per Serving:
120 calories
5 g fat (1.5 g saturated)
310 mg sodium

Apple-Sausage Stuffing

YOU'LL NEED

1 tsp olive oil
2 links turkey sausage, preferably apple, casings removed
1 medium onion, diced
2 stalks celery, diced
1 Granny Smith apple, cored, peeled, and diced
½ cup dried cranberries
2 cloves garlic, minced
5 cups cubed bread from a sturdy loaf or baguette, preferably whole wheat
10–12 leaves fresh sage, chopped
1½ cups low-sodium chicken stock
1 egg, beaten
Salt and black pepper to taste
2 Tbsp cold butter, diced

HOW TO MAKE IT

- Heat the olive oil in a large skillet over medium heat. Add the sausage, onion, celery, apple, cranberries, and garlic and sauté for about 10 minutes, until the vegetables are soft and the sausage is just cooked through.
- Combine the bread, sausage-vegetable mixture, sage, stock, and egg in a large mixing bowl. Toss to evenly coat the stuffing with the liquid. Season with a few pinches of salt and black pepper. Place in a 13" x 9" casserole dish and dot with the butter.
- Bake, uncovered, for about 40 minutes, until the top of the stuffing is nicely browned and crunchy.

MAKES 6 TO 8 SERVINGS

Per Serving:
160 calories
7 g fat (2.5 g saturated)
290 mg sodium

Green Bean Casserole

YOU'LL NEED

1 lb green beans
1 Tbsp butter
1 red onion, thinly sliced
2 cloves garlic, minced
6 oz cremini mushrooms, sliced
2 Tbsp flour
1 cup low-sodium beef or chicken stock
1 cup 2% milk
Black pepper to taste
 $\frac{1}{2}$ cup panko bread crumbs, tossed with 1 tbsp olive oil

HOW TO MAKE IT

- Bring a large pot of water to a boil. Season with salt and cook the green beans for about 3 minutes, until crisp-tender. Drain and run cold water over the beans to help stop the cooking.
- Preheat the oven to 475°F.
- Heat the butter in a large skillet over medium heat. Add the onions and garlic and cook for about 5 minutes, until the onions are very soft and translucent. Add the mushrooms and cook for about 5 minutes, until lightly browned. Stir in the flour and cook for 1 minute, then add the stock and milk, whisking to help prevent lumps from forming. Add the green beans and simmer for about 3 minutes, until the sauce thickens and clings to the vegetables. Season to taste with salt and black pepper.

- Pour the green beans into an 8" x 8" casserole dish and top with the bread crumbs. Place on the middle rack and bake for 8 to 10 minutes, until the bread crumbs are golden brown.

MAKES 6 SERVINGS

Per Serving:

110 calories
2.5 g fat (1.5 g saturated)
310 mg sodium

Orange-Cranberry Relish

YOU'LL NEED

1 bag (12 oz) frozen cranberries
Zest and juice from 1 orange
 $\frac{1}{2}$ cup sugar, plus more if needed
1 tsp fresh grated ginger

HOW TO MAKE IT

- Combine the cranberries, orange juice, sugar, and ginger in a saucepan set over medium heat. Simmer for 20 to 25 minutes, until the cranberries break down to form a thick sauce. Taste and adjust the sweetness with more sugar if necessary. Add the orange zest just before serving.

MAKES ABOUT 15 SERVINGS

Per Serving:

30 calories
0 g fat
0 mg sodium

control cravings for up to 12 hours, according to a 2013 study in *British Journal of Nutrition*. Yup, 12 hours! Sounds like the ideal thing to eat if you don't want to go overboard during dinner.

3 Berries

"Berries are high in fiber and water, making them a valuable addition to a filling breakfast," notes Minchen. "Fiber and water act together as natural appetite suppressants and blood sugar balancers, so they keep your energy going strong."

4 Avocado

Avocados are rich in monounsaturated fats, which help ward off hunger and boost feelings of satiety. A 2013 study published in *Nutrition Journal* found that eating fresh avocado with lunch can decrease the desire to eat by 40 percent in the hours after the meal.

5 Chia Seeds

Boasting about 5 grams protein and 10 grams fiber in just two tablespoons, chia seeds are a filling and energizing breakfast addition, says Minchen.

6 Eggs

Believe it or not, the science checks out: 25 percent of the



Leftovers



480 calories
16 g fat (4.5 g saturated)
800 mg sodium

The Gobbler

If leftovers are the best thing about Thanksgiving, then this sandwich is the best thing about leftovers. And if you want to save another 100 calories, lose the bacon and make the sandwich on whole-grain bread; you'll still love the results.

YOU'LL NEED

½ cup whipped cream cheese
½ cup whole-berry cranberry sauce
4 cups mixed greens or torn romaine
1 loaf focaccia or ciabatta, halved lengthwise and toasted
1 avocado, pitted, peeled, and thinly sliced
1 lb turkey (leftover chopped roasted turkey)
8 strips cooked bacon

HOW TO MAKE IT

- Mix the cream cheese and cranberry until uniformly pink.
- Lay the lettuce across the bottom half of the bread. Top with the avocado, turkey, and bacon.
- Spread the cranberry cream cheese across the top part of the bread, top the sandwich, and cut into individual servings.

MAKES 4 SERVINGS

Tangy Turkey Sandwich with Guacamole and Bacon

This tantalizing morning-after recipe will jazz up your turkey with even more protein and heart-healthy monounsaturated fats from the guacamole. Plus, the guac will shave off 70 to 100 calories if you use it instead of standard mayo.

YOU'LL NEED

1 baguette
12 oz leftover turkey
4 slices Swiss cheese
1 large tomato, sliced
½ red onion, thinly sliced
Pickled jalapeños
4 strips bacon, cooked until crisp and patted dry
¼ cup Guacamole (see page 114) or store-bought guacamole

HOW TO MAKE IT

- Preheat the broiler. Carefully slice the baguette in half horizontally and place on a large baking sheet. Layer the turkey and cheese on the bottom half of the bread.
- Place the sheet in the oven 6 inches below the broiler. Broil for 2 to 3 minutes, until the cheese has just melted and both halves of the bread are hot but not too brown and crunchy.
- Remove from the oven and then layer the tomato, onion, jalapeños, and bacon on top of the turkey. Spread the top half of the baguette with the guacamole. Slice the baguette into 4 individual sandwiches and serve.

MAKES 4 SERVINGS



430 calories
13 g fat (4 g saturated)
1,070 mg sodium

For 50+ free and delicious holiday recipes—all under 400 calories—go to eatthis.com now!



PIE CHART

Nothing's more American than Mom and apple pie. And as long as Mom's pies are made with real fruit, you'll be finishing off dinner with a bonus dose of vitamins, minerals, and fiber. These stats are for a mom-size wedge, one-sixth of a nine-inch pie. Or two slivers, which we've seen you eat.

LEMON MERINGUE PIE

562 calories, 20 g fat

You'll get half an egg per slice, and eggs have choline, a nutrient that's been shown to improve memory. The antioxidants in lemons ward off aging and infection. And that vitamin C means no scurvy for you!

BLUEBERRY PIE

473 calories, 19 g fat

Blueberries carry a rich lode of antioxidants, those all-purpose compounds that help your body fight heart disease and cancer; the berries' flavonoids may help your eyesight, balance, coordination, and short-term memory.

PUMPKIN PIE

465 calories, 25 g fat

Pumpkin is loaded with carotenoids, which help prevent heart disease and cancer. That slice is a big dose of beta-carotene, which may help fight prostate cancer, protect your eyesight, and keep mucous membranes resistant to infection.

APPLE PIE

525 calories, 19 g fat

Phytonutrients in apples may help fight colon and liver cancers. The flavonoid quercetin can reduce your risk of lung and prostate cancers, and it strengthens your immune cells.

PECAN PIE

678 calories, 51 g fat

A big, goopy dilemma. Loads of fat, but almost 90 percent of the fat in these nuts is unsaturated, and pecans can reduce your levels of bad cholesterol (LDL) and raise your good cholesterol (HDL). That said, pecan is the most caloric of all pies.

CHERRY PIE

507 calories, 19 g fat

Cherries are chock-full of anthocyanins, which increase the strength of blood vessels and may relieve muscle pain and slow the development of arthritis and gout. They may even protect your lungs from smoke.

calories in eggs are burned just by digesting the eggs themselves. Plus, the protein-packed breakfast staple suppress ghrelin, the hunger hormone, so you won't feel ravenous leading up to the big feast.

7 Apples

Apples are rich in fiber and loaded with water, which makes them a filling and satisfying way to manage appetite, explains Minchen. "They are excellent baked in the oven with some cinnamon or eaten raw with a tablespoon of peanut butter smeared on top."

8 Cinnamon

The spice is rich in polyphenols, powerful antioxidants that may improve insulin sensitivity and, in turn, our body's ability manage hunger cues. Add it to your oatmeal, smoothies, or toast.

9 Hummus

A study published in the journal *Obesity* found people who ate a single serving a day of chickpeas (the main ingredient in hummus) reported feeling 31 percent fuller than their counterparts who didn't eat the beans.

10 Bonus: Water

"Dehydration is really common on Thanksgiving because people are so busy they forget to drink regularly throughout the day. Come dinner time, they are tired, hungry and sometimes even moody," warns Minchen. "Remember to drink one 8-ounce glass of water or seltzer every 60 to 90 minutes throughout the day to prevent dehydration-related fatigue, cravings, and overeating!"

Feast from the East

Defying the perception of Eastern European food as bland, heavy fare, Olia Hercules has captured the exotic flavors of her childhood in a heroic effort to save the region's traditional cuisine. From simple soups to surprisingly sweet autumn desserts, we present a selection of recipes from her new cookbook, *Mamushka*.

What inspired you to capture these traditional recipes? Why now?

Last year, when the conflict in Ukraine started kicking off, I realized that all of these traditions had to be written down. I'm never scared of anything, but when Russia annexed Crimea, I was in a complete panic. My parents were living close to the area, and I would stay up until three in the morning obsessively tracking the news. My mom and I started Skyping and writing down all the recipes I grew up with. I felt it all needed to be re-

corded, but it was like a personal therapy at first.

How would you describe or characterize all the recipes you've pulled into this book?

When I do my pop-up restaurants, I call it "the Wild East cuisine." It's a collection of things I grew up with: Ukrainian dishes, Moldovan/Romanian dishes (because my mom's got Moldovan roots), Armenian dishes, Azerbaijani dishes, and some Central Asian dishes as well. It's a big hodgepodge that stretches from Central Asia to the

Caucasus, back into Ukraine and as far Southwest as Moldova. It works somehow.

Even though the Soviet Union suppressed each nation's people and their cultures, we still managed. They've been shared and adapted and loved and cherished and passed down for generations.

We think of Russian cuisine as very heavy, but your point is that Ukrainian food is very different. How?

Ukrainian food is richer in flavor because of the excellent quality and variety of produce. So, for example, if in Russia





THE SAUCER APPRENTICE:
A comforting bowl of traditional tuzluk, or mutton stew. Lamb works just as well.

Campfire Mutton Broth (*Tuzluk*)

The word *tuzluk* is normally used in the Caucasus region to describe a brine for salting fish or meat. However, in the south of Ukraine, *tuzluk* is what we call a simple mutton broth served with seasoned raw onions. We always used to make it when camping by the Dnieper River, cooked over a campfire in a cauldron for a few hours while the fathers fished, mothers chatted and chopped salads, and the kids swam in the river. I always associate this broth with a sense of adventure. Once, when I was five, we went camping with my huge extended family. It was a beautiful July afternoon when a huge storm came out of nowhere. Luckily, my uncle had an old Volga truck in which all fifteen of us huddled up and sipped on *tuzluk* that we had managed to save, listening to the banging of torn willow branches against the roof of the car.

YOU'LL NEED

3 lbs mutton or lamb ribs, cut into individual ribs	2 bay leaves
3½ quarts cold water	3 small onions, peeled but kept whole
Sea salt flakes and freshly ground black pepper	6 small potatoes, peeled but kept whole

TO SERVE

2 small red onions, thinly sliced	1 bunch dill, chopped
1 bunch parsley, chopped	1 bunch cilantro, chopped

HOW TO MAKE IT

- Place the mutton or lamb ribs in a large saucepan and cover with the water. Season with salt and pepper, add the bay leaves, and bring to a boil. Reduce the heat to low, skim off the scum, and add the whole onions. Simmer until the meat starts falling off the bone, 2 hours.
- Add the potatoes and simmer until the potatoes are cooked but not falling apart, 20 minutes. Keep skimming off any scum that rises to the surface.
- When the broth is ready, place the sliced raw red onions in a bowl, season well with salt, and give them a quick massage. Then add a ladleful of the hot broth to kill any raw onion harshness. Take out the meat and potatoes and place them on a platter. Everybody serves themselves broth and takes a little bit of meat, some potatoes, and the broth-soaked raw onions. Sprinkle with the chopped herbs and eat outside at dusk, preferably by a campfire.

SERVES 6–8



they have dumplings with potatoes or cabbage, in Ukraine we have more varieties; we make *varenyky* (dumplings) with blackberries, with strawberries, with sour cherries, with apricots. We also have a method of cooking that makes food (especially broths) taste better, called *smazhenya*. You caramelize loads of onions and carrots and then you add that into your borscht or other soups, and in Russia they don't really do that. The wider variety of produce and how we use it is reflected in the dishes.

Varenyky doesn't sound like health food. How can a health-conscious person approach this style of cooking?

Most of the recipes in this book are extremely healthy, because they're built around multiple layers of produce. And Ukrainians have been using today's trendy "healthy cooking" ideas for centuries. Fermentation is a huge thing now, for example, but we've been doing it for years in Ukraine. It really makes for a healthier gut. Another huge health trend is broth. I don't know what could be healthier; it's so cheap, and all you need is a couple

Stuffed Ukrainian Pasta (*Varenyky*)

This is my death row wish, my last supper, my ultimate source of comfort. I had trouble deciding how many people the recipes below would serve—I can eat 40 dumplings at one sitting, and that is no joke. It may be nostalgia or that they are so incredibly tasty or perhaps I am just a glutton. If you have any *varenyky* left over, they are amazing the next day, fried in butter until crispy.



YOU'LL NEED

WATER DOUGH

- 1 large egg, lightly beaten
- ½ cup water
- 2½–3 cups "00" or all-purpose flour, plus extra for dusting
- Fine sea salt

HOW TO MAKE IT

- First make the dough. Mix the egg and water together in a bowl, then gradually add the flour and mix it in well; if you feel that there isn't enough flour, add slightly more than the recipe states.
- Knead the dough on a well-floured work surface until it stops sticking to your hands. What you are looking for is a firm (or "tight," as we call it in Ukraine), elastic dough.
- Wrap the dough in plastic wrap and let it rest in the refrigerator for 30 minutes to help the gluten relax.
- Next make your chosen filling.
- For the **potato filling**, place the potatoes in a saucepan and cover with cold water, season well with salt, and bring them to a boil. Cook until they can be pierced easily with a knife, 15 minutes. Drain the potatoes and mash them really well.
- Meanwhile, heat the sunflower oil in a frying pan and fry the shallots over medium-low heat until starting to color nicely, 15–20 minutes. Mix the shallots with the potatoes and set aside.
- Place the lardons in a dry frying pan and fry them
- over medium heat until crispy. Tip them into a bowl and set aside.
- For the **curd cheese filling**, mix the cheese and egg together in a bowl and season heavily with salt—it should be slightly oversalted. Set aside.
- For the **cabbage filling**, heat the sunflower oil in a large frying pan and gently fry the pickled cabbage for 5 minutes. Place it in a bowl and let it cool completely.
- Divide the dough into 2 pieces. Flour your work surface generously and roll out the dough into a circle 12 inches in diameter or until the dough is about $\frac{1}{16}$ -inch thick. Cut the dough into $1\frac{1}{4}$ -inch squares—you should end up with about 20–25. Don't throw away the scraps. These can be cooked along with the stuffed pasta.
- Repeat with the second piece of dough.
- Have a well-floured baking sheet ready. Pop 1 teaspoon of the filling into the center of each square, fold in half diagonally to create a triangular-shaped dumpling, and press the edges together to seal.

FILLING OPTIONS

POTATO FILLING WITH CRISPY PORK

- ½ lb potatoes, peeled and chopped

Sea salt flakes

- 2 tbsp sunflower oil

- 4 oz shallots, sliced

- 4 oz Pancetta, sliced into lardons

CURD CHEESE FILLING

- ¾ cup Quark cheese*

- 1 egg, lightly beaten

Sea salt flakes

- ¼ cup butter, melted

- ¼ cup sour cream or creamy Greek yogurt, to serve

CABBAGE FILLING

- 1 tbsp sunflower oil

- 10 oz Sauerkraut

- ¼ cup butter, melted

- ¼ cup sour cream or creamy Greek yogurt, to serve

Place the *varenyky* on the floured baking sheet, making sure that they don't touch each other.

- For the curd cheese and cabbage *varenyky*, have a large bowl with the melted butter ready.
- Bring a large saucepan of salted water to a boil and carefully pop the *varenyky* in. Boil them for a couple of minutes or until they float to the surface.
- Drain the *varenyky* well. For the curd cheese and cabbage *varenyky*, tip them into the melted butter and swirl them around, then serve with the sour cream or Greek yogurt. For the potato with crispy pork *varenyky*, sprinkle the lardons on top of the dumplings, pour any fat over, and serve.

ALL SERVE 4, OR
1 HUNGRY UKRAINIAN
(MAKES 40–50 DUMPLINGS)



Quark is a creamy European cheese available in some specialty shops and at murrayscheese.com

*If you have
any varenyky
left over,
they are
amazing the
next day,
fried in butter.*

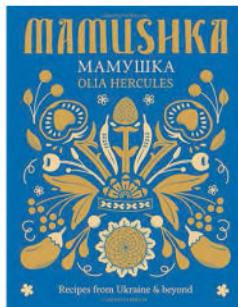


of really quality ingredients. Make a rich, amazing stock and add some vegetables to it; what could be better or more balanced?

Some of the recipes I've updated a little bit so that, while they're true to the original recipe, the cooking techniques I've used make the dishes a little more modern and accessible. In some cases, this has also made them lighter than they would be in some parts of Ukraine.

For someone approaching this book who doesn't have any exposure to Ukrainian food, what flavors will intrigue them?

It's all about herbs in Ukraine. When you go to a market like the little one in my hometown, you'll find a mountain of herbs. I have a couple of Georgian recipes in which I used a combination of coriander, basil, dill and tarragon, and it's an explosion of flavor. When I cook dishes here in London, that's what really surprises people: the freshness and aromas that the herbs bring.



INTERVIEW BY LINNEA ZELINSKI.
RECIPES AND TEXT
ADAPTED FROM *MAMUSHKA*,
BY OLIA HERCULES
(WELDON OWEN, 2015).



Sunflowers inform all sorts of dishes in the Ukraine

Cabbage Slaw with Toasted Sunflower Seeds

We don't traditionally use sunflower seeds in this way in Ukraine. We just fry them in their shells and then pop them into our mouths, expertly cracking the shells with our teeth and popping the seeds out with our tongues. I must have

eaten kilos and kilos of sunflower seeds throughout my childhood, so I miss them and the cozy evenings in the kitchen reading by candlelight (there used to be regular power cuts) and munching the seeds.

YOU'LL NEED

- 2 tbsp unrefined sunflower oil
- ½ tbsp white wine vinegar
- ½ tsp superfine sugar
- Sea salt flakes
- ½ small red onion, thinly sliced
- 1 small green cabbage, thinly sliced
- 2 carrots, peeled and grated or julienned

TO SERVE

- 3 tbsp shelled sunflower seeds, toasted
- 1 tbsp chopped dill

HOW TO MAKE IT

- Mix the sunflower oil, vinegar, and sugar together in a salad bowl and season to taste with salt. Add the onion and let it sit in the dressing for 5 minutes.
- Add the other vegetables and mix together, then garnish with the toasted sunflower seeds and chopped dill.

SERVES 4



Pumpkin Breads (*Plachindy z garbuzom*)

Encased in warm, pillowy dough, the grated, sugared pumpkin melts into an incredible sweet paste in this version of *plachindy*—my mum's childhood autumnal treat that never lost its appeal, usually served with a little bit of sour cream. I now make it for my son and nephews and they love it. One of them hates pumpkin, but he would have never guessed that's what the "delicious sweet cream" inside the flatbreads is made from! I usually serve them with some Greek yogurt, as the warm sweetness of the filling against the coolness of the yogurt is a winning combination.

YOU'LL NEED

- 1 lb pumpkin or butternut squash, peeled, seeded, and grated using the large holes of a box grater
- 1½ cups Superfine sugar
- ½ recipe Kefir Dough flour, for dusting (see recipe at right)
- 2 tbsp sunflower oil

TO SERVE

Greek yogurt

HOW TO MAKE IT

- Mix the grated pumpkin or squash and sugar together in a bowl and let it stand while you make the dough.
- Divide the dough into 4 pieces. Flour the work surface really well and roll out each piece of dough, one by one, into a circle 8 inches in diameter.
- Spread some of the pumpkin or squash mixture onto each dough circle.
- Next, take one edge of the circle and fold it into the middle.
- Now bring the edge of the first fold into the middle and fold again. Repeat until you have created about 7 folds (fewer won't seal the filling in properly). The dough should resemble a flattened moneybag.
- Make sure all the edges are firmly pinched together in the middle of the flatbread, flour the top lightly, and gently flatten the moneybag with your rolling pin.
- Repeat with the remaining dough circles and filling.
- Fry the breads in the sunflower oil or brush them with oil and cook them under your broiler for a different but still delicious result. Serve with Greek yogurt.

MAKES 4 BREADS

KEFIR DOUGH

- 1 cup kefir
- ½ tbsp sunflower oil
- ½ tbsp white wine vinegar
- ½ tbsp sugar
- ½ tsp salt
- 2½ cups flour, plus extra for dusting
- 1 scant tsp baking soda

Place the kefir, sunflower oil, vinegar, sugar, and salt in a large bowl and mix together well with a fork.

Sift the flour with the baking soda, then sift again into the kefir mixture and mix in. The dough should be soft and pillowy. If it's still slightly sticky, heavily flour your work surface and start kneading the dough, incorporating more flour into it. The dough should stop sticking to your hands when it's ready, but also remain soft.

MAKES ABOUT 1½ lb DOUGH



Sugared pumpkin is an autumnal treat that never lost its appeal

SLOW-COOK MAGIC & ONE-POT WONDERS

Make dinner, and your life, more simple. These hearty, healthy dishes require hardly any cleanup—the perfect end to a hectic day.

HELP WANTED: MAGIC ELVES.

Must make dinner appear on the table at the snap of a finger. Ability to keep kitchen clear of dirty pots and pans a necessity. Experience in healthy, gourmet cooking a plus. Must work for free.

Wouldn't it be great if someone else could do all the cooking and cleaning while we were going about our lives? But until such time as we a) win the lottery or b) find some magic elves, we're going to have to fend for ourselves when it comes to dinner—preferably without the expense and questionable health consequences of nightly takeout.

But there are ways around the cycle of work/cook/clean/repeat that haunts most of our weekdays. We've assembled a healthy

collection of classic dishes that can be built in one of two ways: There are delicious dinners you can make in advance using a slow cooker, so dinner's ready the moment you walk in the door. And, if mornings are too hectic to prep the evening's meal, we've also selected a series of one-pot dinners that keep cooking times down and cleanup to a minimum. And each is both hearty and low in calories, to keep your own brood of magical elflike creatures healthy, happy, and satisfied.



500 calories

12 g fat (4 g saturated)

640 mg sodium

French Pot Roast

Every culture has its version of pot roast, that amazing slow-cooked amalgamation of hearty meat and vegetable chunks and flavorful broth. When it comes to picking the best rendition, we have to side with Julia Child, who believed the French boeuf bourguignon was the world's finest pot roast.

YOU'LL NEED

2 strips bacon, cut in $\frac{1}{2}$ -inch pieces	2 cups low- sodium beef broth
$\frac{1}{4}$ cup flour	2 tbsp tomato paste
Salt and black pepper to taste	2 bay leaves
2 lb chuck roast, excess fat removed, cut into 1-inch pieces	2 cups frozen pearl onions
$\frac{1}{2}$ bottle dry red wine	$\frac{1}{2}$ lb button mushrooms, stems removed
	1 cup frozen peas

HOW TO MAKE IT

- Preheat a large skillet or nonstick sauté pan over medium-high heat. Cook the bacon until the fat is rendered and the bacon is crisp. Remove the bacon with a slotted spoon and drain on paper towels; set aside. Leave the pan on the heat.
- Combine the flour and plenty of salt and pepper in a sealable plastic bag. Working in batches, add the beef and shake until the pieces are lightly covered; remove the beef from the bag and shake off the excess flour. Add the pieces to the hot pan and cook until all sides are golden brown.
- Remove the beef and add to a slow cooker. When all the beef has been browned, add 1 cup wine to the hot pan and scrape up any brown bits from the bottom with a wooden spoon. Pour over the beef, along with the rest of the wine, the broth, the tomato paste, bay leaves, and bacon pieces.
- Set the slow cooker to high and cook for 4 hours, until the beef is tender and falls apart with pressure from a fork. In the last 30 minutes of cooking, add the pearl onions and mushrooms. Right before serving, add the peas and simmer for a few minutes to cook through. Discard the bay leaves.
- Serve the stew by itself or over mashed potatoes or buttered egg noodles with a good ladle of the cooking broth.

MAKES 4 SERVINGS

(To Master the Technique of Stellar Sauces, go to page 114)



One-Pot
Wonder!



380 calories
25 g fat (8 g saturated)
350 mg sodium

Braised Brisket with Horseradish Cream

Brisket is a notoriously tough piece of meat. It takes the best pit masters up to 18 hours of low-temperature smoking to wrestle the beef into a state of acceptable tenderness. But through the miracle of the slow cooker, where moisture and heat combine to turn even the toughest cuts into spoon-tender masterpieces, brisket can be worked into a state of soul-soothing deliciousness with only about 15 minutes of prep work.

YOU'LL NEED

- 1 Tbsp olive oil
- 3 lb brisket (preferably with a thin fat cap still attached)
- Salt and black pepper to taste
- 1 bottle (12 oz) dark beer
- 2 cups low-sodium chicken stock
- 2 Tbsp tomato paste

- 2 large yellow onions, quartered
- 1 bunch carrots, peeled
- 8 cloves garlic, peeled
- 2 bay leaves
- ¼ cup 2% Greek yogurt
- 2 Tbsp chopped fresh parsley
- 1 Tbsp prepared horseradish

HOW TO MAKE IT

- Heat the olive oil in a large cast-iron skillet or sauté pan. Season the brisket all over with salt and black pepper. Sear in the pan for about 7 minutes, until all sides are nicely browned. Place in a slow cooker. Add the beer to the pan and scrape up any browned bits. Pour over the brisket. Add the stock, tomato paste, onions, carrots, garlic, and bay leaves to the slow cooker. Cover and cook on high for 4 hours (or on low for up to 8 hours), until the brisket is very tender.
- Combine the yogurt, parsley, and horseradish in a mixing bowl.
- Remove the brisket from the cooker and slice into thin pieces. Discard the bay leaves. Serve the brisket in a shallow, wide bowl with the onions, carrots, and a bit of broth poured over the top. Garnish each serving with a scoop of horseradish cream.

MAKES 10 SERVINGS



One-Pot
Wonder!



270 calories

10 g fat (3 g saturated)

420 mg sodium

Creamy Mushroom Chicken

Chicken buried in mushrooms and cream is the type of dish as at home in a country kitchen as it is in an upscale urban restaurant. We take cues from both ends of the spectrum: brown mushrooms and chicken stock from the country, a touch of sherry and some dried mushrooms from the city. The combination of Greek yogurt and half-and-half gives the sauce richness and a lovely velvety texture without weighing it down.

YOU'LL NEED

- 1 Tbsp olive oil, plus more if needed
- 4 small boneless skinless chicken breasts (6 oz each)
- Salt and black pepper to taste
- 1 medium shallot, minced
- 3 cloves garlic, minced
- 8 oz cremini mushrooms, sliced

- $\frac{1}{4}$ cup sherry (in a pinch, sweet, fortified wines like Madeira or Marsala will work in place of the sherry)
- $\frac{1}{4}$ cup dried mushrooms (porcini, chanterelle, shiitake), soaked in $\frac{1}{2}$ cup warm water for 15 minutes
- $\frac{1}{2}$ cup low-sodium chicken stock
- $\frac{1}{4}$ cup half-and-half
- $\frac{1}{4}$ cup Greek yogurt

HOW TO MAKE IT

- Heat the olive oil over high heat in a large sauté pan. Season the chicken all over with salt and pepper. Add the chicken to the pan and sear for 3 minutes, until a nice deep brown crust develops on the bottom sides. Flip and brown the other side, another 3 minutes. Remove to a plate.
- Add a thin film of olive oil to the pan. Add the shallot, garlic, and mushrooms to the pan and sauté for about 3 minutes, until the mushrooms are lightly browned. Season with salt and pepper. Add the sherry and cook for 1 minute, using a wooden spoon to scrape any browned bits from the bottom of the pan. Add the dried mushrooms (and soaking liquid), chicken stock, and half-and-half. Turn the heat down to low and return the chicken to the pan.
- Continue cooking for 8 to 10 minutes, until the liquid reduces by half and the chicken is cooked through. Add the yogurt and stir to create a smooth, uniform sauce. Divide the chicken among 4 plates and top with the mushroom sauce.

MAKES 4 SERVINGS



460 calories

24 g fat (8 g saturated)

620 mg sodium

Pork Chile Verde

This isn't a dish that's on most Americans' radar, but it should be. Tender pieces of pork stewed in a lively, slightly spicy broth studded with vegetables. Add a few warm tortillas, a hunk of lime, and a cerveza, and you're halfway to Mexico with a huge grin on your face. Just make sure you enjoy this one in the comfort and safety of your own kitchen, okay?

YOU'LL NEED

- 1 Tbsp canola oil
- 2 lb boneless pork shoulder, cut into 1-inch cubes
- Salt and black pepper to taste
- 1 cup low-sodium chicken broth
- 1 bottle salsa verde (15 oz)
- 1 medium onion, quartered

- 1 large green bell pepper, chopped into big chunks
- 2 cups small marble or fingerling potatoes (optional)
- 8 corn tortillas
- 2 limes, cut into quarters

HOW TO MAKE IT

- Heat the oil in a large skillet or sauté pan over high heat. Season the pork with salt and pepper. Working in batches, add the pork to the skillet and sear on all sides until caramelized on the outside but still raw in the center (don't overcrowd the pork or it will steam, not brown). Transfer to a slow cooker.
- Add the broth to the hot skillet and use a wooden spoon to scrape up any crispy, flavorful bits of pork. Pour the broth over the pork, along with the salsa verde, onion, and bell pepper. Set the slow cooker to high and cook for 4 hours (or low and cook for 8), until the pork is extremely tender. If using the potatoes, add them to the pot in the final hour of cooking.
- Serve the pork in bowls with the stewed vegetables, along with a ladle of the cooking liquid. Have hot corn tortillas and lime hunks on hand for makeshift tacos.

MAKES 6 SERVINGS



One-Pot
Wonder!



430 calories

13 g fat (2 g saturated)

560 mg sodium

Chicken Cacciatoro

In the pantheon of classic Italian-American dishes, chicken cacciatoro emerges at the top of the nutritional totem pole. That's because it derives its flavor from a lusty stew of tomatoes, peppers, onions, and wine—not a blanket of cheese or oil-soaked bread crumbs.

YOU'LL NEED

- 2 Tbsp olive oil
- 8 boneless chicken thighs (or a mix of thighs and drumsticks)
- Salt and black pepper to taste
- 1 medium onion, thinly sliced
- 1 red bell pepper, thinly sliced

- 10–12 green or black olives, pitted and roughly chopped
- 4 cloves garlic, minced
- 1 tsp red pepper flakes
- ½ cup dry red wine
- 1½ cups chicken broth
- 1 lb Italian tomatoes, coarsely chopped
- 2 Tbsp chopped flat-leaf parsley

HOW TO MAKE IT

- Heat the oil in a large cast-iron skillet or sauté pan over high heat. Season the chicken with salt and pepper and add to the skillet, skin side down. Cook 8 to 10 minutes, until lightly browned and crisp on all sides. Transfer to a plate.
- Lower the heat and add the onion, bell pepper, olives, garlic, and pepper flakes. Cook until the vegetables have softened, about 10 minutes. Pour in the wine and simmer, stirring occasionally, until it's nearly evaporated, about 5 minutes.
- Add the broth and tomatoes to the skillet. Return the chicken to the pan, tucking it into the vegetables skin side up, and bring to a simmer. Cook over medium heat for another 20 minutes, until the chicken is extremely tender and the sauce is reduced by half. Sprinkle with the parsley. Serve on soft polenta, quinoa, or a small bed of mashed potatoes.

MAKES 4 SERVINGS



One-Pot
Wonder!



390 calories

10 g fat (2.5 g saturated)

720 mg sodium

Chicken Fried Rice

The name says it all: One of the most nutritionally dubious staples (white rice) combined with the most treacherous technique (frying). At most restaurants, the calorie counts are predictably stratospheric; even a small scoop used as a base for a stir-fry will run around 500 calories. More important, it contains little to no true nutrition. Our recipe turns fried rice on its head, relying on a ton of fresh produce, considerably less rice, and a bit of oil for crisping it up—all done in just one pan.

YOU'LL NEED

- 1 Tbsp peanut or vegetable oil
- 4 scallions, greens and whites separated, chopped
- 1 Tbsp grated fresh ginger
- 2 cloves garlic, minced
- 1 medium zucchini, diced
- 2 carrots, diced
- 2 cups bite-size broccoli florets

- 2 cups mushrooms (preferably shiitake), stems removed, sliced
- ½ lb boneless, skinless chicken thighs, sliced into thin bite-size pieces
- 4 cups cooked brown rice
- 2 Tbsp low-sodium soy sauce
- 2 eggs, lightly beaten

HOW TO MAKE IT

- In a wok or a large nonstick skillet, heat the oil over medium-high heat. When the oil is lightly smoking, add the scallion whites, ginger, and garlic and cook for 30 to 45 seconds. Add the zucchini, carrots, broccoli, and mushrooms and cook for 4 to 5 minutes, using a spatula to stir the vegetables throughout. Add the chicken and continue cooking for 2 to 3 minutes, until the pieces are no longer pink.
- Stir in the rice and soy sauce and cook for another 5 minutes, allowing the rice to get crispy on the bottom. Create an empty space in the middle of the pan and add the eggs. Use a spoon or the spatula to quickly scramble the eggs until light and fluffy, then stir them into the rest of the ingredients. Serve garnished with the scallion greens.

MAKES 4 SERVINGS



One-Pot
Wonder!



300 calories
8 g fat (1 g saturated)
870 mg sodium

Halibut in a Bag

A hunk of halibut is one of the planet's healthiest foods. But many restaurants take this omega-3-packed fish and smother it in butter, negating many of its nutritional positives. This recipe uses a simple—but often overlooked—technique to make cooking and cleanup a snap. Wrapped up with a handful of potent flavor builders, this family-friendly fish will bake down into a perfectly balanced packet of protein.

YOU'LL NEED

- | | |
|---|--|
| 2 fillets of halibut or other firm white fish (5 oz each) | ½ medium fennel bulb, thinly sliced* |
| 1 jar (8 oz) marinated artichoke hearts, drained | 1 lemon, half cut into thin slices, the other half cut into quarters |
| 1 cup cherry tomatoes | ½ Tbsp olive oil |
| 2 Tbsp chopped kalamata olives | ¼ cup dry white wine |
| | Salt and black pepper to taste |

*Fennel is a bulbous vegetable with a cool anise undertone. If you're not a fan of licorice (or don't want to spend \$3 on a fennel bulb for this recipe), yellow onion can stand in.

HOW TO MAKE IT

- Preheat the oven to 400°F.
- Take 2 large sheets of parchment paper or foil, place a fillet in the center of each, and top equally with the artichokes, tomatoes, olives, fennel, and lemon slices. Drizzle with the olive oil and wine; season with salt and pepper. Fold the paper or foil over the fish and seal by tightly rolling up the edges, creating a secure pouch. It's important the packets are fully sealed, so that the steam created inside can't escape.
- Place the pouches on a baking sheet in the center of the oven and bake for 20 to 25 minutes, depending on how thick the fish is. Serve with the remaining lemon wedges.

MAKES 2 SERVINGS



Short Ribs Braised in Guinness

Seems like braised short ribs adorn every French and Italian menu in the country these days. And why not? It's an inexpensive dish that takes minimal effort from the chef but that can still fetch a \$20+ price tag wherever it's served. Why pay the money for something you can do just as well at home, especially if you can cut the calories in half?

YOU'LL NEED

- | | |
|---|---|
| 1 Tbsp canola oil | 2 onions, quartered |
| 2 lb boneless short ribs | 2 stalks celery, cut into large chunks |
| Salt and black pepper to taste | 8 cloves garlic, peeled |
| 2 cans or bottles (12 oz each) Guinness Draught | 2 bay leaves |
| 2 cups low-sodium beef broth | Gremolata (optional):
½ cup chopped parsley; 2 cloves garlic, minced; Grated zest of 2 oranges or lemons |
| 3 large carrots, cut into large chunks | |

HOW TO MAKE IT

- Heat the oil in a large skillet or sauté pan over high heat. Season all sides of the ribs with salt and pepper. Cook them until a rich brown crust develops on the outside. Remove the ribs and place in a slow cooker. While the pan is still hot, add the beer and scrape up any bits stuck to the bottom with a wooden spoon. Pour the beer over the short ribs.
- Add the broth, carrots, onions, celery, garlic, and bay leaves to the short ribs and set the slow cooker to high. Cook for 4 hours, until the beef is tender and nearly falling apart. Discard the bay leaves.
- If using gremolata, mix the parsley, garlic, and orange zest. Serve the beef (along with some of the reduced sauce) over soft polenta or mashed potatoes. Sprinkle with the gremolata (if using).

MAKES 4 SERVINGS

(For Tips on *How to Braise Anything*, go to page 115)



One-Pot
Wonder!



380 calories

15 g fat (4.5 g saturated)

1,070 mg sodium

Jambalaya

Gumbo, étouffée, beignets, po boys—all are part of Louisiana's incomparable culinary heritage. No dish, though, is more famous than jambalaya, the rice-based hodgepodge of meat, seafood, and vegetables not unlike Spanish paella. By decreasing the rice ratio and increasing the produce and protein, this recipe cuts the calories and carbs dramatically. But it still has enough soul to satisfy the most discerning Creole critics.

YOU'LL NEED

- | | |
|---|---|
| 1 tsp olive or canola oil | 1 can (14 oz) diced tomatoes |
| 1 cup diced turkey kielbasa | 1 Tbsp tomato paste |
| 1 medium onion, diced | ½ tsp cayenne |
| 1 medium green bell pepper, diced | 2 bay leaves |
| 2 cloves garlic, minced | 8 oz medium shrimp, peeled and deveined |
| 8 oz boneless, skinless chicken breast, cut into ½-inch cubes | Salt and black pepper to taste |
| 1 cup long-grain rice | Frank's RedHot, Tabasco, or other hot sauce |
| 2¼ cups low-sodium chicken stock | Chopped scallions (optional) |

HOW TO MAKE IT

- Heat the oil in a large skillet or sauté pan over medium heat. Add the kielbasa and cook for about 3 minutes, until lightly browned. Add the onion, bell pepper, and garlic and cook, stirring occasionally, for 4 to 5 minutes, until the vegetables have softened.
- Push the vegetables and kielbasa to the perimeter, making a well in the center of the pan. Add the chicken and sauté until lightly browned but not cooked through, about 3 minutes. Stir in the rice, stock, tomatoes, tomato paste, cayenne, and bay leaves. Turn the heat to low, cover, and simmer for 17 minutes, until nearly all of the liquid has been absorbed by the rice.
- Uncover, add the shrimp, and cook for 2 to 3 minutes, until the rice is tender and the shrimp is cooked through. Discard the bay leaves. Season with salt, pepper, and hot sauce and garnish with the scallions, if using.

MAKES 4 SERVINGS

The Slow-Cook Matrix

Slow cookers make culinary geniuses out of people who can't fry an egg. So what are you waiting for? Crock, lock, and load.

Choose Your Protein



SHORT RIBS



PORK SHOULDER

Cook full legs or individual thighs and drumsticks.



CHICKEN LEGS

Choose Your Vegetables



MUSHROOMS

Add vegetables that cook quickly during the last hour of the slow cooker—unless you don't mind eating mush.



GARLIC



POTATOES

Choose Your Braising Liquid



RED WINE



WHITE WINE



BEER

The flavor of the beer will really affect the final dish, so choose wisely.

Choose Your Flavor Enhancers



TOMATO PASTE

A can of whole tomatoes makes for a rich, lusty braise.



DRIED MUSHROOMS

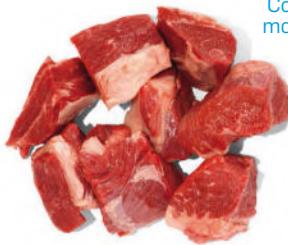


BAY LEAVES

Why cook slowly? Inexpensive cuts of meat also happen to possess an inordinate amount of flavor, but to enjoy it, you first need to break down all the connective tissue in the meat. Steady low temperatures do it best, which is why slow cookers are so useful: Simply dump a bunch of inexpensive meat and vegetables into the vessel, cover with your choice of liquid, press ON, and disappear for 8 hours.



LAMB SHANKS

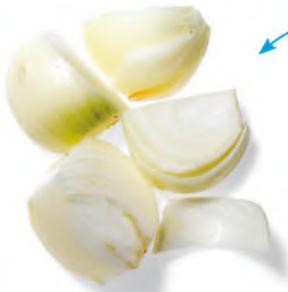


CHUCK ROAST

Dried beans cook
effortlessly this way.
Cook over low for no
more than two hours.



DRIED BEANS



ONIONS



CELERY



CARROTS

Together, these three
(known as mirepoix)
form the base of
most braises.



VINEGAR

Balsamic, wine, rice
wine, or sherry



SOY SAUCE



BEEF OR CHICKEN STOCK



FRESH HERBS

Thyme,
rosemary,
parsley



HONEY



GINGER

Continued

4 BOLD BRAISES

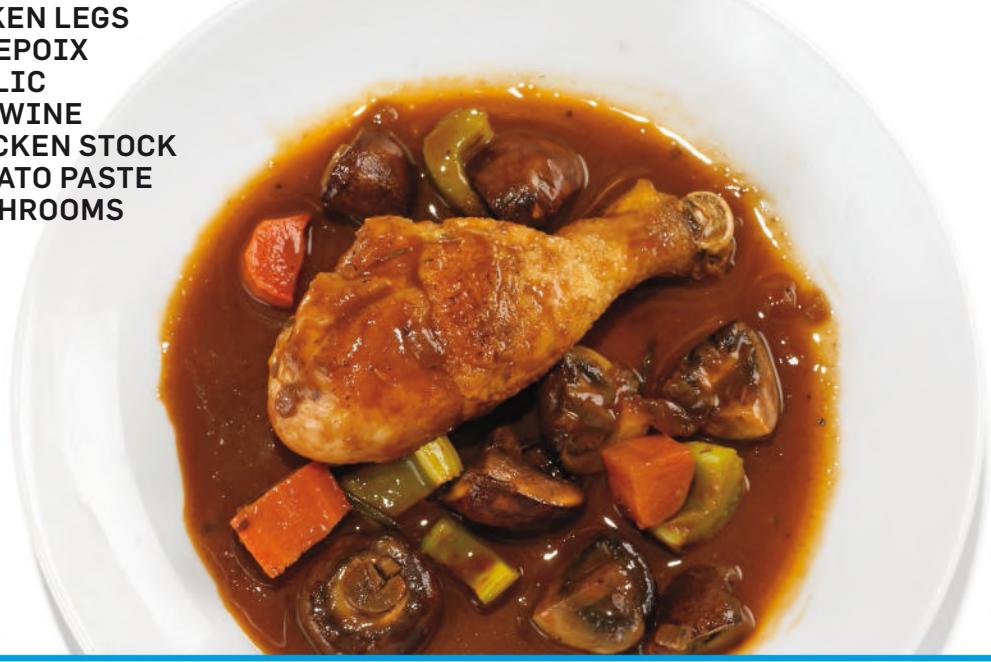
Restaurants charge a fortune for classics you can make at home for pennies.

1 Coq au Vin (Red Wine Chicken)

Easier to cook than it is to pronounce, coq au vin is a centerpiece of traditional French country cooking. It's usually larded with bacon, but you can slim down the dish with a tasty, tangy dose of tomato paste.

CHICKEN LEGS

- + MIREPOIX
- + GARLIC
- + RED WINE
- + CHICKEN STOCK
- + TOMATO PASTE
- + MUSHROOMS



3 Lamb Ossobuco

Ossobuco is traditionally made with veal shanks, but lamb—long a second-class citizen in American kitchens—is not only a more flavorful substitute, but one that's leaner as well.

LAMB SHANKS

- + MIREPOIX
- + GARLIC
- + RED WINE
- + STOCK
- + TOMATO PASTE
- + BAY LEAVES



2 Asian Short Ribs

Most short-rib recipes feature meat that's buried in tomato-based sauce, obscuring the truly sensational flavor of this cut. A lighter combo of rice wine vinegar, stock and soy sauce lets the meat breathe.

SHORT RIBS

- + ONIONS
- + CARROTS
- + GARLIC
- + SOY SAUCE
- + RICE WINE VINEGAR
- + BEEF STOCK
- + GINGER
- + HONEY



FOOD RULES

STEP 1

Always fully brown your meat in oil first. The deeper the caramelization, the more flavor the final dish will have.

STEP 2

After you've browned the meat and transferred to the slow cooker, deglaze the hot cooking pan by adding wine or other liquid and using a wooden spoon to scrape up any crusty bits stuck to the bottom. This will allow you to extract every last bit of flavor left behind by the meat.

STEP 3

Use enough liquid (including the liquid from the pan) to cover the meat. Your best bet is to pair at least half stock with another flavorful liquid—wine, beer, vinegar, soy.

STEP 4

Build flavor with vegetables, spices, herbs, and other add-ons. Top and cook on low for 8 hours or on high for 4. All of these recipes (and the other slow-cooker recipes in this issue) can be done without a slow cooker. Simply place in a 300°F oven until the meat begins to fall apart.

4 Pork Ragu

Ragu just means “meat-based sauce” in Italian. But when you use larger hunks of meat, as shown here, it makes a perfect cloak for a delicate bed of polenta.

PORK SHOULDER

- + MIREPOIX
- + WHITE WINE
- + STOCK
- + CAN OF TOMATOES
- + ROSEMARY



shred the meat with a

and braising liquid, and
or polenta.

Choose Your Noodle

Love pasta but hate what it does to your waistline? We've concocted a week's worth of delicious Italian-style meals, all with fewer than 600 calories, so you can enjoy a classic pasta dish whenever you like, and let the carbs fall where they may.



510 calories

16 g fat (6 g saturated)

790 mg sodium

3-Cheese Ravioli with Cherry Tomatoes

“Four cheese” anything in the food world doesn’t just mean four different types of cheese; it usually signifies quadruple the quantity, too. Here you get the depth and nuance of creamy ricotta, smoky mozzarella, and salty, sharp Parmesan, plus a sauce that would make anything (chicken, fish, shoe leather) taste great, for just 510 calories.

YOU'LL NEED

- | | |
|---|---|
| 1 cup part-skim ricotta | 2 pints cherry tomatoes (a combination of red and yellow works especially well) |
| $\frac{1}{2}$ cup shredded smoked mozzarella (if you can't find smoked, regular mozzarella will do) | 2 cloves garlic, thinly sliced |
| 2 Tbsp grated Parmesan, plus more for garnish | 1 cup fresh basil leaves, torn, plus more for garnish |
| 48 wonton wrappers | Salt and black pepper to taste |
| 2 egg whites, lightly beaten | |
| 2 Tbsp olive oil | |

HOW TO MAKE IT

- Bring a large pot of water to a boil over high heat. Mix the three cheeses together. Working on a clean, floured surface, lay down a single wonton wrapper and place a spoonful of the cheese mixture in the center, being careful not to overstuff. Paint the edges of the wrappers with egg whites, then top with another wonton wrapper. Press firmly around the edges to secure the filling inside the ravioli. Repeat to create 24 ravioli.
- Heat the oil in a large skillet or sauté pan over medium heat. Cook the tomatoes and garlic for 5 to 7 minutes until the tomatoes are lightly colored on the outside and about to burst. Use a fork to lightly crush a few tomatoes to give this a more saucelike quality. Add the basil and remove from the heat.
- Salt the boiling water and turn down the heat to medium so that it's gently boiling. Carefully drop in the ravioli and cook for 3 minutes, then drain. Divide the ravioli among 4 warm plates or bowls, then top each with the tomatoes. Top with grated or shaved Parmesan and more fresh basil. **MAKES 4 SERVINGS**



RESTAURANT
QUALITY
IN JUST
30
MINUTES



470 calories

6 g fat (1 g saturated)

590 mg sodium

Linguine with Clams

The inimitable combination of briny bivalve and slick noodle is one of our favorites, but problem is, most versions are so short on clams you need flippers and a scuba tank to find them. Our bowl is more clam than pasta—a tastier and healthier ratio.

YOU'LL NEED

4 strips bacon,
cut into thin strips

1 red onion, diced

2 cloves garlic,
minced

Generous pinch of red
pepper flakes

32 littleneck clams,
scrubbed clean

1 cup dry white wine

12 oz whole wheat
linguine

¼ cup fresh chopped
parsley leaves

HOW TO MAKE IT

- Heat a large skillet or sauté pan over medium heat and add the bacon. Cook until the fat renders and the bacon is well browned, about 5 minutes. Remove the bacon and reserve; pour out all but a thin film of the fat.
- Return the pan to the heat and add the onion, garlic, and pepper flakes. Cook, stirring occasionally, until the onion is translucent, about 3 minutes. Add the clams and wine and continue to cook over medium heat until most of the wine has evaporated and the clams have all opened—this should take about 10 minutes. (If the clams aren't opening, top the pan with a lid until they do. Discard any that never open.)
- Cook the pasta according to the package instructions until tender yet still al dente. Drain the pasta, reserving a cup or so of the cooking water, and add the cooked linguine directly to the pan with the clams. Stir in the parsley and cook for 30 seconds, adding a bit of pasta water if the noodles look dry. Divide the clams and pasta among 4 warm bowls and serve immediately.

MAKES 4 SERVINGS

(For tips on *How to Mince Garlic*, go to page 115)



450 calories

14 g fat (8 g saturated)

620 mg sodium

Butternut Ravioli with Sage Brown Butter

It's a sad state of affairs when a meat-free pasta can swallow up 95 percent of your day's saturated fat, but we've come to expect that from chain restaurants. This butternut ravioli is everything a vegetarian dish should be: healthy, exciting, and supertasty.

YOU'LL NEED

1 can (16 oz) butternut squash or pumpkin puree
½ Tbsp balsamic vinegar
Pinch of ground nutmeg
2 Tbsp grated Parmesan, plus more for garnish
Salt and black pepper to taste

48 wonton wrappers
2 egg whites, lightly beaten
4 Tbsp butter
16 fresh sage leaves, plus more for garnish

HOW TO MAKE IT

- Bring a large pot of water to a boil over high heat. Mix the squash, vinegar, nutmeg, and Parmesan; season with salt and pepper.
- Working on a clean floured surface, lay down a single wonton wrapper and place a small spoonful of the squash mixture in the center, being careful not to overstuff. Paint the edges of the wrapper with the egg whites, then top with another wonton wrapper. Press firmly around the edges with your fingers to secure the filling inside the ravioli. Repeat with the remaining wrappers to create 24 ravioli.
- Salt the boiling water and turn down the heat to medium so that it's gently boiling. Carefully drop in the ravioli and cook for 3 minutes, then drain.
- In the meantime, heat a large skillet or sauté pan over medium heat and add the butter and sage. Cook until the butter is lightly brown and begins to give off a nutty aroma. (Do this carefully, as you don't want the butter to burn.) Add the cooked ravioli to the pan, tossing gently to make sure they don't break. Divide among 4 warm plates and garnish with Parmesan and sage. **MAKES 4 SERVINGS**



490 calories

22 g fat (7 g saturated)

830 mg sodium

Pesto Gnocchi with Green Beans and Tomatoes

Depending on where you order, pesto can be a crapshoot. Individually, its components—olive oil, basil, garlic, pine nuts—are loaded with antioxidants and healthy fats, but if the balance is askew, then your nutritional intake will be too. Mess with the simplicity of pesto by adding things like cream and you can kiss your chances of healthy eating good-bye. When you make pasta with pesto, figure 2 tablespoons per plate—and throw in some healthy extras like tomatoes and green beans to bring substance and balance to the bowl.

YOU'LL NEED

1 Tbsp olive oil
1 lb green beans
1 pint cherry tomatoes
Salt

1 package (16 oz)
potato gnocchi
½ cup pesto
1 cup bite-size cubes
of fresh mozzarella

Freshly grated
Parmesan

HOW TO MAKE IT

- Set a large pot of water over high heat. Heat a large skillet or sauté pan over medium heat. Add the olive oil and green beans to the skillet and cook for 3 minutes, then toss in the tomatoes and continue to cook until the green beans are tender (but still crisp) and the tomatoes are browned on the outside. Remove from the heat.
- Salt the water after it reaches a boil. Drop the gnocchi in and cook until they float to the surface (4 to 5 minutes). Drain and add the gnocchi to the pan with the green beans and tomatoes. Stir in the pesto and mozzarella. Divide among 4 warm plates or bowls and top with a bit of grated Parmesan.

MAKES 4 SERVINGS

590 calories
14 g fat (5 g saturated)
840 mg sodium



Pasta Bolognese

Call it meat sauce, call it ragù, call it whatever you want, but there's no denying that a well-made pasta sauce is one of life's finest pleasures. The Italians traditionally make Bolognese with pork, veal, and beef—a rich combination that makes for a delicious but calorie-laden bowl. This Bolognese follows the same technique used for an authentic, velvety sauce but subs in turkey for veal and lean sirloin for fattier beef. You can serve this over dried spaghetti or fettuccine, but fresh pasta really is best.

YOU'LL NEED

½ Tbsp olive oil
3 cloves garlic, minced
1 medium carrot, diced
2 stalks celery, diced
1 yellow onion, diced
6 oz ground turkey
6 oz ground pork
6 oz ground sirloin

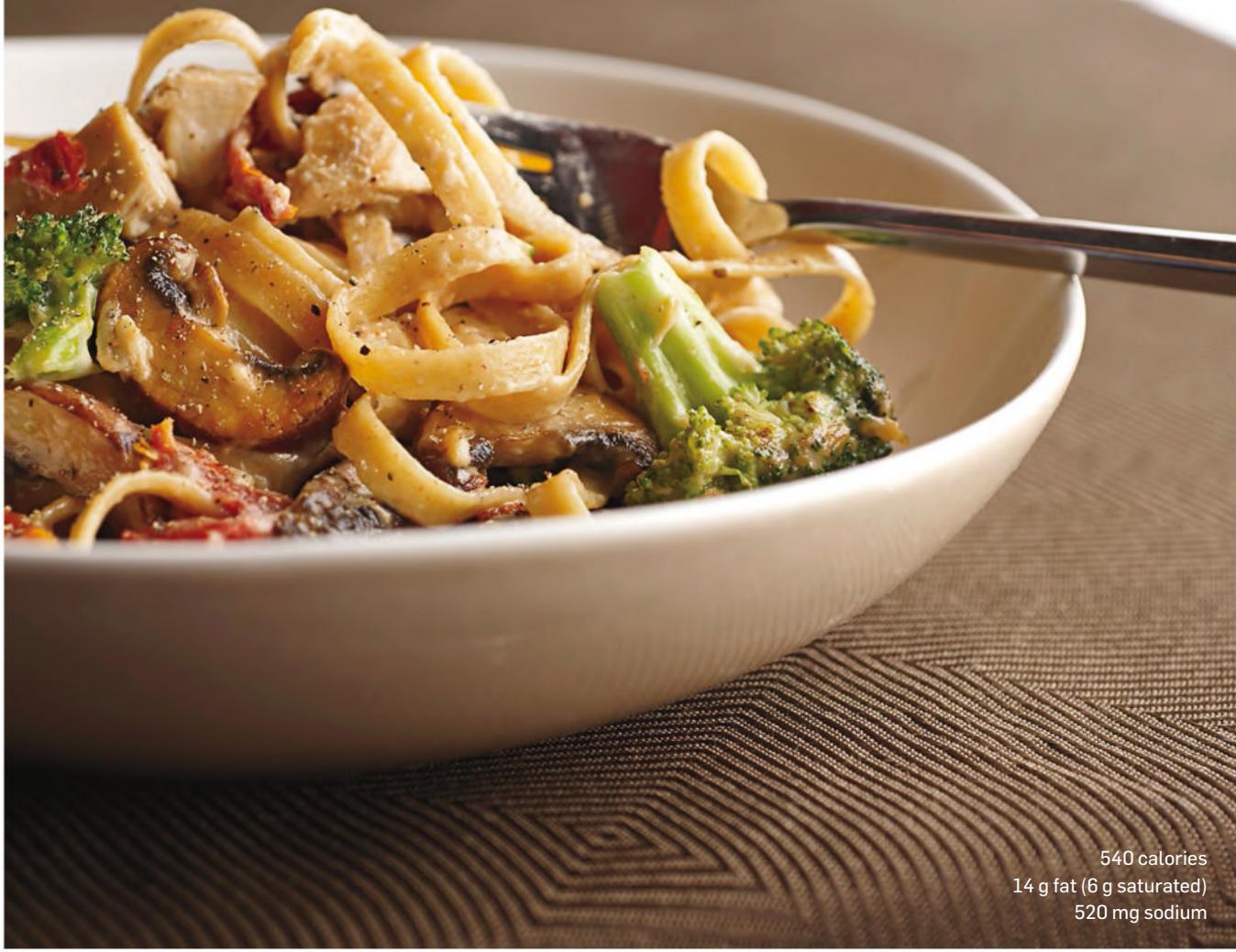
1 can (28 oz) diced tomatoes
2 Tbsp tomato paste
1 cup reduced-sodium chicken or beef broth
1 cup milk
2 bay leaves
Salt and pepper to taste
1 package fettuccine
Parmesan, grated

HOW TO MAKE IT

- Heat the oil in a large skillet over medium heat. Add the garlic, carrot, celery, and onion and sauté until the vegetables are cooked through, about 5 minutes. Add the turkey, pork, and ground sirloin and stir with a wooden spoon until the meat is no longer pink.
- Drain any accumulated fat from the bottom of the pan and add the tomatoes, tomato paste, broth, milk, and bay leaves. Turn the heat down and simmer for at least 30 minutes (and up to 2 hours), until the sauce has thickened. Season to taste with salt and pepper and keep warm.
- Cook the pasta according to the package instructions. Drain the pasta and toss with hot sauce. Serve sprinkled with Parmesan.

MAKES 6 SERVINGS

(For tips on *Leftover Love*, go to page 115.)



540 calories

14 g fat (6 g saturated)

520 mg sodium

Loaded Alfredo with Chicken and Vegetables

Here's how restaurants make Alfredo: cream, butter, and cheese. We ditched the cream and made a basic béchamel sauce with flour, milk, butter, and Parmesan. We solved the other major shortcoming of pasta Alfredo (that is, a dearth of any true nutrition) by adding chicken, broccoli, mushrooms, and, for good measure, sundried tomatoes.

YOU'LL NEED

2 Tbsp unsalted butter
3 Tbsp flour
3 cups 2% milk
2 cloves garlic, chopped
2 Tbsp grated Parmesan
Salt and black pepper to taste
½ Tbsp olive oil
2 cups bite-size broccoli florets

8 oz cremini mushrooms, sliced
¼ cup chopped sundried tomatoes
8 oz cooked chicken breast, thinly sliced (store-bought rotisserie chicken works well)
12 oz whole-wheat fettuccine (we like Ronzoni Healthy Harvest)

HOW TO MAKE IT

- To make the béchamel, melt the butter in a saucepan over medium-low heat. Whisk in the flour. Cook for 1 minute. Slowly whisk in the milk to prevent any lumps from forming. Add the garlic and simmer, whisking often, for 10 to 15 minutes, or until nicely thickened. Stir in the Parmesan and season with salt and pepper. Keep warm.
- Heat the oil in a large skillet or sauté pan over medium-high heat. Add the broccoli and cook for 3 to 4 minutes. Add the mushrooms and tomatoes. Cook for 5 minutes, or until the vegetables have lightly caramelized. Stir in the chicken. Season with salt and pepper.
- Meanwhile, cook the pasta according to the package instructions. Drain, reserving 1 cup of the cooking water. Return the pasta to the pot, add the sauce and the chicken mixture, and toss to coat. If the sauce is too thick, add some of the pasta water to thin it. Serve immediately.

MAKES 4 SERVINGS



470 calories

8 g fat (1 g saturated)

1,075 mg sodium

Shrimp Fra Diavolo

Curiously enough, seafood-based pasta is usually the worst type of pasta on the menu. (Look no further than Cheesecake Factory's 2,819-calorie Bistro Shrimp Pasta for proof.) Restaurants feel the use of a lean protein like shrimp entitles them to the use of egregious quantities of butter, cream, and cheese, all but drowning out any chance of actually tasting the seafood in question. Instead, we turn to a Little Italy favorite: spicy Shrimp Fra Diavolo, made from little more than crushed tomatoes, white wine, and a pinch of red pepper flakes.

YOU'LL NEED

¾ lb shrimp, peeled and deveined

Salt and black pepper to taste

½ Tbsp olive oil

2 tsp red pepper flakes

1 small onion, chopped

2 cloves garlic, minced

¼ tsp dried oregano or thyme

1 can (28 oz) crushed tomatoes

1 cup dry white wine

8 oz spaghetti

2 Tbsp chopped flat-leaf parsley

HOW TO MAKE IT

- Season the shrimp with salt and pepper. Heat the oil in a large skillet or sauté pan over medium heat. Add the shrimp and cook for 1 to 2 minutes, until just firm. Remove to a plate.
- Add the pepper flakes, onion, garlic, and oregano to the pan; cook until the onions are soft. Add the tomatoes and wine and simmer for 10 to 15 minutes.
- Meanwhile, cook the spaghetti according to the package instructions. Drain and return to the pot.
- Season the sauce with salt and pepper. Fold the cooked shrimp into the sauce. Pour the pasta and toss. Serve garnished with the parsley.

MAKES 4 SERVINGS

Discover the 9 best pastas for weight loss! Go to eatthis.com to learn which brands blast fat.)



Tips & Hints



STELLAR SAUCES

When you slow-cook beef, you have everything you need to make an amazing sauce right in the slow cooker. Ladle 3 or 4 cups worth of broth into a saucepan. Place over high heat and cook for 7 to 10 minutes until the sauce reduces by about 75 percent, enough to cling to the back of a spoon. Add a pat of cold butter and stir to incorporate. Do this for any braised or slow-cooked dish, and your loved ones will think you're going to culinary school in your spare time.

FLAVORED BUTTERS

Spiking softened butter with assertive flavors is a great way to add an instant "sauce" to your dinner. And adding coins of compound butters (which keep for weeks in your fridge) to high-carb foods like baked potatoes can actually work to lower the glycemic impact of the dish, making a gentler ride for your blood sugar. Try any of these combinations on meat, fish, or vegetables.

- Crumbled blue cheese, chives, and black pepper
- Reduced balsamic vinegar and caramelized onions
- Minced sun-dried tomatoes and olives

PAN-FRYING

The virtues of pan-frying are manifold. First, you don't have to spend the money on an entire bottle of oil to fry a few pieces of fish or chicken. Next, you avoid the mess of deep-frying at home. Finally, and most important, pan-frying provides the delicious flavor and crispy texture of deep-frying for a fraction of the calories. Film a pan with an inch of oil (peanut is best, both for its high smoke point and its healthy fat profile) and heat over medium. Lightly flour or bread your chicken, pork, or fish (pounded chicken and pork and thin cuts of fish work best since they cook quickly and evenly), and add one piece at a time to the pan. Don't crowd (!) or the oil temperature will plummet and the crust will be soggy. Cook until a deep golden crust develops on each side, adding more oil if the pan dries up along the way.

SECRET WEAPON

Kimchi

"Fermented cabbage" doesn't do much as a description to endear kimchi to first-time eaters, but this Korean staple, with its bold balance of chili spice and vinegar tang, has a profound ability to turn skeptics into lifelong devotees. It's most often made by pickling Napa cabbage with red chiles, garlic, ginger, and a host of other rotating ingredients. It's an amazing foil to grilled foods, either as a topping for burgers, a stuffing for cheesy quesadillas, or pureed and served alongside a steak or slices of pork tenderloin.

Hummus

This punchy puree of chickpeas (aka garbanzo beans), garlic, and olive oil is beloved across much of the Middle East—and increasingly, in restaurants and homes across this country. That's a good thing, since you'd be hard-pressed to find a better condiment for dipping (with pitas or fresh vegetables) or spreading. Tahini is a paste made from sesame seeds that tastes a lot like peanut butter; if you can't find any in your local markets, smooth, unsweetened peanut butter will sub in a pinch.

YOU'LL NEED

- | | |
|---|--------------------------------|
| 1 can (16 oz) chickpeas, rinsed and drained | Juice of 1 lemon |
| 2 Tbsp tahini | $\frac{1}{4}$ cup olive oil |
| 1 clove garlic, chopped | Salt and black pepper to taste |
| $\frac{1}{4}$ tsp ground cumin | |

HOW TO MAKE IT

- Place the chickpeas, tahini, garlic, cumin, and lemon juice in a food processor and pulse a few times. With the motor running, drizzle in the olive oil until a smooth paste forms. Season with salt and pepper.

MAKES ABOUT 2 CUPS

From the recipe *Grilled Sirloin with Onions, Peppers and Guacamole*, page 42. Use also for *Turkey Sandwich with Guacamole and Bacon* on page 84

Zero Belly Guacamole

Many American versions of guacamole include ingredients like cumin, scallions, and (gasp!) sour cream. But guac is really at its best with just a few carefully balanced ingredients: a good pinch of salt, and a squeeze of lemon or lime. And of course, perfectly ripe Hass avocados. Use that as your base; everything else—onion, jalapeño, cilantro, tomato—is just a bonus.

YOU'LL NEED

- | | |
|--|--|
| 3 avocados, halved, seed removed, peeled and cubed | $\frac{1}{2}$ cup red onion, finely diced |
| 1 tsp kosher salt | 2 tsp ground cumin (optional) |
| Juice of 1 lime | 2 plum tomatoes, diced |
| | $\frac{1}{4}$ cup roughly chopped cilantro |

HOW TO MAKE IT

- Combine avocados, salt, and fresh lime juice in a medium bowl. Use the back of a fork to smash the ingredients together until lumpy. Stir in remaining ingredients with a rubber spatula. Serve immediately.

MAKES 3 CUPS

Step-by-Step

DEVEINING SHRIMP

That vein people always refer to when talking about shrimp? It's actually their digestive tract. You're definitely going to want to cut it out. Here's how.



Step 1: Peel the shell and remove tail.



Step 2: Make a shallow incision along the back.



Step 3: Fish out the vein with the tip of your knife.

HOW TO BRAISE ANYTHING

Any tough cut of meat can be transformed into a delicious dinner through the alchemy of braising. It's a simple three-step process.



Step 1: Sear the meat until brown all over.



Step 2: Deglaze the pan with a flavorful liquid.



Step 3: Add vegetables and stock to cover; simmer.

STUFFING CHICKEN

Why waste cash on overpriced prestuffed chicken at the supermarket when you can do better in minutes at home? Here's how.



Step 1: Cover with plastic wrap and pound until thin.



Step 2: Place your filling toward the top of the meat.



Step 3: Roll tightly like a sleeping bag; secure.

MINCING GARLIC

Bottled garlic lacks the character and the nutrients of the fresh stuff, since you lose most of its essential oils. Mince your own in 30 seconds or less.



Step 1: Press the heel of your knife to flatten the clove.



Step 2: Peel off the papery skin.



Step 3: Cut in thin planks, then mince the planks.



Bolognese

This sauce keeps (and freezes) perfectly, so go ahead and double the recipe. But don't limit yourself to serving it over spaghetti or fettuccine. Rich Bolognese is great served over soft polenta or used to dress 3-Cheese Ravioli (see page 107), and it is a critical component in a rich, lusty, authentic Italian lasagna.



Grilled Meatballs

Pork and beef are traditional meatball fodder for a reason, but limit yourself to them and you're missing out on a world of exciting possibilities. Combine any of the following with bread crumbs and eggs for a tasty departure from the standard meatball:

1 Ground chicken with minced ginger and scallion, served with mango chutney.

2 Finely minced tuna with toasted pine nuts and raisins.

3 Ground lamb with garlic, red pepper flakes, and chopped fresh mint, served with tomato sauce.

Tips & Hints

From the recipe *Spinach and Onion Strata* on page 41 and *Mulligatawny Soup* on page 42

Zero Belly Sofrito

YOU'LL NEED

1 serrano chili	$\frac{1}{3}$ cup fresh, roughly chopped ginger
$\frac{1}{3}$ cup roughly chopped shallots (about 2 large or 3 small)	$\frac{1}{2}$ cup extra-virgin olive oil

HOW TO MAKE IT

- Take the stem off of the serrano and cut in half. Take the seeds out and slice thin. Place the chili, shallots and ginger in a food processor and chop until finely minced.
- Heat the oil in a sauce pot on medium heat and add the shallots, ginger and chili.
- Reduce the heat to low and cook until the shallots and aromatics are very soft, about 8 minutes.
- Take off the heat and cool.
- Store in a BPA-free glass jar in the fridge or up to one week.

MAKES 1 CUP

Sofrito may congeal slightly in the fridge. For recipes that call for removing oil first, heat the jar (metal lid removed) in the microwave for 30 seconds.

From the recipe *Mini Crab Cake "Po Boys" with Sweet Potato Fries* on page 44

Zero Belly Mayonnaise

YOU'LL NEED

2 egg yolks	$\frac{1}{4}$ tsp kosher salt
Juice from one lemon	1 cup extra-virgin olive oil
$\frac{1}{2}$ tsp Dijon mustard	

HOW TO MAKE IT

- Place all mayonnaise ingredients except the olive oil in a food processor. Pulse for a few seconds, turn on, and then pour in the olive oil in a steady stream, allowing the mayonnaise to emulsify.
- Serve immediately, or store in a BPA-free container in the fridge for up to 10 days.

MAKES 1½ CUPS

If you've never tried homemade mayonnaise, you're missing out! This version uses only the freshest, purest ingredients. Make it your own by adding your favorite fresh herbs and spices.

From the recipe *Italian Sausage Sandwich* on page 75

Tomato Sauce

YOU'LL NEED

1 can (28 oz) whole peeled tomatoes	1 Tbsp olive oil
	$\frac{1}{2}$ tsp salt

HOW TO MAKE IT

- Discard the excess tomato juice in the can. Use your hands to thoroughly crush the tomatoes (careful, they're loaded with juice!) into a puree.
- Stir in the olive oil and salt. Keeps in the refrigerator for up to 1 week.

MAKES ABOUT 2 CUPS SAUCE

Whole peeled tomatoes are best because they are minimally processed and allow you to dictate the texture of your sauce.

From the recipe *Shrimp and Snow Pea Salad* on page 43

Poached Shrimp

YOU'LL NEED

1 lb shrimp, fresh or defrosted, heads removed, peeled, deveined
--

HOW TO MAKE IT

- Bring a large saucepan of water to the boil.
- Meanwhile, prepare a large bowl of ice water.
- Add the shrimp to the saucepan, cover, and boil for 2 minutes. Using a slotted spoon, transfer the cooked shrimp into the ice water bath to cool. Transfer shrimp to a plate covered with paper towels to dry.
- Serve immediately, or store in a BPA-free glass container in the fridge for up to three days.

MAKES 4 SERVINGS

Asian Salad Dressing

YOU'LL NEED

$\frac{1}{3}$ cup rice wine vinegar	2 Tbsp raw Manuka honey*
3 Tbsp extra-virgin olive oil	2 Tbsp reduced-sodium tamari

HOW TO MAKE IT

- Combine ingredients in a BPA-free glass jar and shake vigorously until emulsified. Store in the fridge for up to 2 weeks. Shake before serving.

MAKES $\frac{1}{2}$ CUP

**If honey is solid, heat the jar (metal lid removed) in the microwave for 30 seconds. Dressing may congeal slightly in the fridge. For recipes that call for removing oil first, heat the jar (metal lid removed) in the microwave for 30 seconds.*

From the recipe *Spaghetti Squash and Meatballs* on page 45

Marinara

YOU'LL NEED

1 small onion or $\frac{1}{2}$ large onion, finely chopped	$\frac{1}{2}$ tsp dried thyme leaves
4 cloves garlic, minced	$\frac{1}{4}$ cup Kalamata olives, halved, pits removed
1 Tbsp extra-virgin olive oil	$\frac{1}{2}$ tsp kosher salt
2 cups canned crushed tomatoes with the juice	$\frac{1}{4}$ cup water (optional)
$\frac{1}{2}$ tsp dried rosemary	1 bunch fresh basil, picked of stems and roughly chopped

HOW TO MAKE IT

- In a medium saucepot, add the chopped onion and minced garlic with 1 tablespoon olive oil and cook, stirring occasionally, until the onion starts to soften, about 3 minutes.
- Add the tomatoes, rosemary, thyme, olives, and $\frac{1}{2}$ teaspoon salt and simmer for 5 minutes. Add water to thin the sauce to your preference.
- Take off the heat, and stir in the roughly chopped basil.
- Serve immediately, or store in a BPA-free container in the fridge for up to one week.

MAKES 2½ CUPS

From the recipe *Grilled Sirloin with Onions, Peppers and Guacamole* on page 42

Black Pepper Marinade

YOU'LL NEED

2 Tbsp whole coriander seeds	1 -inch piece of fresh ginger, peeled and sliced thin
2 Tbsp whole black peppercorns	3 shallots, peeled and sliced thin
½ Tbsp whole cumin seeds	¼ cup extra-virgin olive oil
6 cloves garlic, peeled	¼ cup brown sugar

HOW TO MAKE IT

- Grind the coriander seeds, peppercorns, and cumin seeds in a spice grinder or clean coffee grinder until very fine.
- Add the remaining ingredients to a small food processor, and puree until smooth. Add the ground spices and process to incorporate.
- Store in a BPA-free glass jar in the fridge or up to one week.

MAKES 1 CUP

From the recipe *Classic Baby Back Ribs* on page 73

Classic Barbecue Sauce

YOU'LL NEED

2 Tbsp butter	½ Tbsp dry mustard
1 small onion, minced	½ tsp paprika (preferably smoked)
1 cup ketchup	½ tsp garlic powder
2 Tbsp brown sugar	⅛ tsp cayenne
2 Tbsp apple cider vinegar	Black pepper to taste
1 Tbsp Worcestershire sauce	

HOW TO MAKE IT

- In a medium saucepan, melt the butter over low heat. Add the onion and sauté until soft and translucent.
- Stir in the ketchup, brown sugar, vinegar, Worcestershire, mustard, paprika, garlic powder, cayenne, and a few pinches of black pepper.
- Simmer over low heat for 15 minutes until you have a thick, uniform sauce. Keeps in the refrigerator for up to 2 weeks.

MAKES ABOUT 1½ CUPS

All-Purpose Barbecue Rub

YOU'LL NEED

¼ cup brown sugar	2 Tbsp black pepper
¼ cup salt	1 Tbsp garlic powder
2 Tbsp paprika (preferably smoked paprika)	1 Tbsp cumin
	1 tsp cayenne

HOW TO MAKE IT

- Mix all of the spices together in a bowl or plastic storage container. Keeps in your spice cabinet for up to 2 months.

MAKES ABOUT ¾ CUP

From the recipe *Turkey Sandwich with Guacamole and Bacon* on page 92

Pickled Jalapeños

YOU'LL NEED

½ cup apple cider vinegar	1 tsp salt
½ cup water	5 or 6 jalapeños, sliced very thinly
2 Tbsp sugar	

HOW TO MAKE IT

- Combine the vinegar, water, sugar, and salt in a small saucepan and heat until the liquid just begins to simmer. Set aside for 5 minutes to cool.
- Place the jalapeño slices in a sealable jar or container and pour the liquid over the peppers. These are ready to use almost immediately (give them at least 20 minutes of soaking) and keep covered in the fridge for up to 10 days.

From the recipe *Grilled Meatballs* on page 77

Grilled Garlic

YOU'LL NEED

1 head garlic	Olive oil for coating
---------------	-----------------------

HOW TO MAKE IT

- Preheat a grill over medium heat. Use a sharp knife to cut off the very top of the garlic head, revealing just the tips of the individual garlic cloves. Place the head in the center of a piece of aluminum foil, drizzle with a bit of oil, then fold the foil to enclose the garlic. Place on the grill and cook, lid closed, for about 30 minutes, until the cloves are very soft and lightly caramelized.
- To use the garlic, simply squeeze the bottom of the bulb until the soft individual cloves pop out. Keeps in the refrigerator for up to 1 week.

From the recipe *Santa Maria Tri-Tip* on page 73

Pico de Gallo

YOU'LL NEED

2 lb Roma tomatoes, seeded and chopped	½ cup chopped cilantro
1 small red onion, diced	Juice of 1 lime
1 jalapeño pepper, seeded and minced	Salt to taste

HOW TO MAKE IT

- Combine the tomatoes, onion, jalapeño, cilantro, and lime juice in a mixing bowl. Season with salt. Keeps for 3 days in the refrigerator.

MAKES ABOUT 3 CUPS

Cowboy Beans

YOU'LL NEED

4 strips bacon, chopped into small pieces	2 cans (16 oz each) pinto beans, rinsed and drained
1 medium onion, minced	¼ cup ketchup
2 cloves garlic, minced	1 Tbsp chili powder
1 cup dark beer	1 Tbsp brown sugar
	Pinch of cayenne pepper

HOW TO MAKE IT

- Heat a large pot or saucepan over medium heat.
- Add the bacon and cook until it's just turning crispy, 3 to 5 minutes. Add the onion and garlic and sauté until translucent, another 3 minutes. Stir in the beer, beans, ketchup, chili powder, brown sugar, and cayenne.
- Simmer until the sauce thickens and clings to the beans, about 15 minutes.

MAKES 6 SERVINGS

Tips & Hints

Pork Chile Verde

YOU'LL NEED

- | | |
|--|---|
| 1 Tbsp canola oil | 1 medium onion, quartered |
| 2 lb boneless pork shoulder, cut into 1-inch cubes | 1 large green bell pepper, chopped into big chunks |
| Salt and black pepper to taste | 2 cups small marble or fingerling potatoes (optional) |
| 1 cup low-sodium chicken broth | 8 corn tortillas |
| 1 bottle salsa verde (15 oz) | 2 limes, cut into quarters |

HOW TO MAKE IT

- Heat the oil in a large skillet or sauté pan over high heat. Season the pork with salt and pepper. Working in batches, add the pork to the skillet and sear on all sides until caramelized on the outside but still raw in the center (don't overcrowd the pork or it will steam, not brown). Transfer to a slow cooker.
- Add the broth to the hot skillet and use a wooden spoon to scrape up any crispy, flavorful bits of pork. Pour the broth over the pork, along with the salsa verde, onion, and bell pepper. Set the slow cooker to high and cook for 4 hours (or low and cook for 8), until the pork is extremely tender. If using the potatoes, add them to the pot in the final hour of cooking.
- Serve the pork in bowls with the stewed vegetables, along with a ladle of the cooking liquid. Have hot corn tortillas and lime hunks on hand for makeshift tacos.

MAKES 6 SERVINGS

From *Pizza with Arugula, Tomatoes, and Prosciutto*, page 26

Pizza Sauce

YOU'LL NEED

- | | |
|--|-------------------------------|
| 1 can (28 oz) whole peeled tomatoes, drained | 1 Tbsp olive oil |
| ½ tsp salt | 1 clove garlic, finely minced |

HOW TO MAKE IT

- Place ingredients in a blender and puree for a few seconds, until the tomatoes break down.

MAKES ABOUT 3 CUPS

Pizza Dough

YOU'LL NEED

- | | |
|-------------------------|---|
| 1 package instant yeast | 1 Tbsp sugar or honey |
| 1 cup hot water | ½ Tbsp olive oil |
| ½ tsp salt | 2½ cups flour, plus more for kneading and rolling |

HOW TO MAKE IT

- Combine yeast with the water, salt, and sugar or honey. Allow to sit for 10 minutes while the hot water activates the yeast.
- Stir in the olive oil and flour, using a wooden spoon to incorporate. When the dough is no longer sticky, place on a cutting board, cover with more flour, and knead for 5 minutes.
- Return to the bowl, cover with plastic wrap, and let the dough rise at room temperature for at least 90 minutes.



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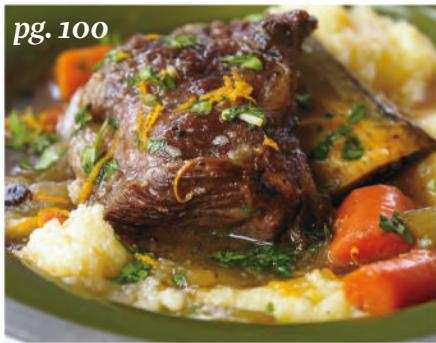
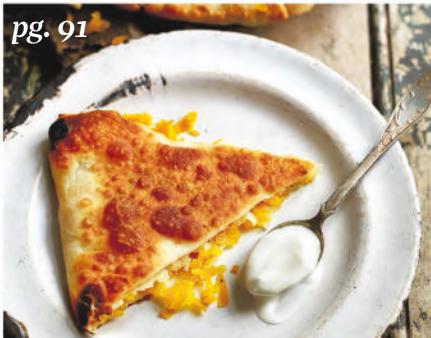
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A special thanks to all those who contributed to the great photography in this magazine, including Jason Varney, Thomas MacDonald, Grace Huang, Dan Engongoro, Jeff Olson and the following image agencies: Getty Images, Shutterstock, Stocksy, and 123RF.



I'll Have What She's Having

Padma's Spicy Slim-Down

The *Top Chef* host shares her secrets for staying lean around the world's best cooks.

Think it's hard to drop 10 or 15 pounds? That's the challenge Padma Lakshmi, 45, faces at the end of each season of her popular Bravo series, *Top Chef*. But after feasting for months with the best cooks in the world, the New York-based host isn't about to settle for bland "diet" food. We caught up with the foodie icon over her morning cup of tea and learned what foods keep her looking so good.



SHE'S SO FRESH:
Padma Lakshmi slims down fast with fresh produce and herbs.

What do you usually have for breakfast?

I always start with ginger tea, which is black tea with milk, honey, ginger, and cardamom. Then I'll have a green juice with kale, beets, mint, apple, carrots, and ginger or a three-egg-white, one-yolk scramble. If I'm hungry, I'll add half a cup of 1 percent cottage cheese to the eggs.

No bread?

I'm not a big bread eater. If it's sitting in front of me in a restaurant, it's hard to resist, so I ask them to take it away.

What's always on your grocery list?

Ginger, garlic, shallots—I prefer them to onions because they resemble South Indian onions. Curry leaves, lime leaves, fresh mint, fresh coriander, fresh parsley, fresh dill. And I always keep tubs of plain low-fat yogurt and cottage cheese in my fridge.

How do you keep fresh herbs from going bad?

When you get it home from the market, take it out of the bag

and spread it out on a paper towel and pat-dry it. I'll also put it in a little glass on my counter, so it looks like a little floral vase. But I'm reminded when I see it, "Better use that parsley! Better use that mint."

What's your secret for not overeating in a social situation?

Before I go to a cocktail party, I make sure I'm not super hungry. Sometimes I'll drink a protein shake. I also love cottage cheese with sliced tomatoes. I put salsa and vinegar on that, or chili powder.

Are there any foods you won't eat, like fries?

No, I love fries. I'd rather have a handful of fries than have cake. When I do want something sweet, I make my own ice cream—without eggs, which is more like an ice milk. I make simple desserts that feel decadent when you're sitting on the floor eating it and smiling.

Recipe

Fancy BLT (minus the bread)

YOU'LL NEED

- 2 beefsteak tomatoes, thickly sliced
- 2 strips of bacon, crumbled
- 1 piece of white turmeric, peeled and minced
- 2 thin hot green chilies, minced
- 1 bunch of cilantro, gently torn

Olive oil

Fresh lime juice

Salt to taste

HOW TO MAKE IT

- Sprinkle the bacon, turmeric, chilies, and cilantro on top of the tomatoes then drizzle with olive oil and a squeeze of lime juice.

MAKES 1 SERVING



HS

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A MOM,
A CEO, A CHEF
OR A KID YOURSELF,
YOU CAN HELP
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HUNGER IN
THE U.S.

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